

365ink

MAGAZINE

JULY 22-AUGUST 4 2010
FREE

Rock & Roll Reunion

"The Dutch Uncle" band
at Cleveland Park in 1969.
Left to Right; Myck Rabbett,
Terry Kane, Greg Pekas,
Kevin Kane, and
Luís Saul Moscoso.

**DUBUQUE ROCK VETERANS'
LIVE MUSIC FESTIVAL**

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- TASTE OF DUBUQUE
- DUBUQUE COUNTY FAIR
- RAGBRAI / ROCK & SOUL REUNION

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Someone's going to win an iPhone 4, Droid or iPod Touch! See Page 9

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the 365 inkwell



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special thanks to:

Nolan Reisen Tim Brechlin, Jon Schmitz, Ralph Kluseman, Kay Kluseman, Chris Wand, Neil Stockel, Ron Kirchhoff, Fran Parks, Christy Monk, Julie Steffen, Ron & Jennifer Tigges, bacon, Mark Dierker, Radio Dubuque and all the 365 friends and advertisers for all your support. You are all 365.

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401 Locust Street, Dubuque, IA, 52001
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Ben's Graham's Summer Journal,

Advice for the future: 1. Don't put 4-year-olds in charge of putting sunscreen on your back. 2. Popsicles are best eaten outside by 1-year-olds, and even better if they're naked. 3. Take time for BLT's, sweet corn, and relaxation on the deck. 4. Take advantage of great savings during Graham's semi-annual clearance sale!

Take 20-50% off suits and sport coats including Austin Reed, Hart Schaffner Marx, Jack Victor, and more. Enjoy 25% off all Summer shirts and walk shorts from Tommy Bahama, Callaway, Ben Hogan, Enro, St. Croix, Quicksilver, and more plus 20% off all dress and casual pants. And, of course, great savings on all Big & Tall sizes.

Oh, wow! Discover a HUGE clearance rack of Women's lines marked down as much as 50% or more and great markdowns on most other women's items from Joseph Ribkoff, Samuel Dong, Paperwhite, Frank Lyman, Louben & more.

But don't let it be a lazy summer because this sale is GOING ON NOW and will absolutely END Saturday, July 24th!!!

9th & Main, Dubuque - 563-582-3760 www.grahamsstylestore.com
Monday & Friday 9-8, Tuesday-Thursday 9-5:30, Saturday 9-5.



Where's Wando?
We've hidden Wando somewhere in this issue of 365ink. Can you find the master of movies buried within these pages?

Bryce's inkUbator

Notes from the Publisher... Fostering Ideas, conversations and arguments.

Eat your vegetables. Man, I've heard that one enough in my life. What can I say, I was a little kid and I hated vegetables. Luckily as I've grown up I've developed a taste for them. A great deal of that is learning to make them taste better. Mixing them, cooking them differently, seasoning them. I've learned that toasted pine nuts can save just about any vegetable short of Brussels sprouts. Nothing can save Brussels sprouts.

So now I'm pushing 40 and finally I like my vegetables just fine. I have them at about every meal. My wife is very big into eating natural foods. I can't argue the point so I go along with it. We generally adhere to this practice by essentially only shopping around the edges of the store. Produce, meat, dairy and the organic section. We don't eat hardly any processed foods like boxed dinners, canned food, or stuff with words we can't pronounce. It's actually not that hard to do. Throw in our regular trip to the Farmer's Market for eggs, meat, tomatoes, and usually some kind of guilty pleasure treat, like some cinnamon bread baked up by the good Sisters.

It's not like natural food just means eating rabbit food. I can make ribs with asparagus and spicy broasted potatoes and you'd think it came from a restaurant and it doesn't have anything that wasn't recognizable as real food.

With a slightly limited selection of things to eat, we can find ourselves in the occasional rut. When it comes to vegetables, we were either having broccoli or asparagus every other night. I don't count potatoes, mushrooms, and onions as vegetables because we pretty much eat those every day as part of a meal or other food preparation. I think of eating vegetables as getting something green in the diet. And I think Christy has a special stomach especially for processing potatoes. I think if I made spicy little potato wedges or cubes that get nice a crispy on the outside, she would eat them every day and never complain. But we did want to expand out veggie horizon.

This summer, in addition to once again planting a substantial garden, we also joined a CSA. So every Wednesday I get a big box of fresh veggies delivered right from the organic farm. It's kind of like a clown car box of vegetables, because I

swear when we unpack it, the veggies just keep coming and coming and you look at the pile of greens spread across the counter and wonder how that all fit in the box.

It's got all the usual suspects. Lettuce up the wazoo, onions, garlic, radishes, cabbage, and more. But it's also got stuff that would scare the average NASCAR fan out of their corn dogs. Kale, chard, collard greens, fennel. I know what this stuff is, but aside from the occasional bowl of Zuppa Toscana from the Olive Garden, I don't know that I've ever purposefully ingested kale before. So it was to the internet we went for some learnin'. And indeed we found some recipes. We found out some simple and easy rules for cooking odd veggies and really, they're pretty elementary. Rule # 1. You know what makes vegetables taste better? Bacon. Duh. You can put about a bushel of kale or chard in a massive fry pan and cook it down to about three cups of green mushy stuff. It's all what you put in there with it to make it taste like, well, not chard. Again, I find pine nuts are a great solution. Toast them with a little butter and put them on top when it's all done. Voila!

We made collard greens for the first time ever (I haven't spent much time in Mississippi) and it wasn't too bad. I think we used a Gourmet Magazine recipe from the internet for a Brazilian style dish. I think I'll augment a bit next time, but I can actually say I would eat them again. This is a feat considering that these elephant-sized leaves didn't look so appetizing when we started. It was like cooking with tobacco leaves. Heck, for all I know, collard greens is the name they give tobacco leaves before they dry them.

The point is, if I had not been sort of force-fed these odd veggies, I'd never have tried them and I'd still be eating just broccoli. On top of that, the price is great, I have way more than I need (you could easily split a share with a friend), and I'm eating local and organic. It probably doesn't help a lot if you have BLTs with every meal, but in general, if you're looking to shake things up for the healthier in your diet, take a look at CSA membership. You're supporting local, getting healthy, and opening up new parts of the supermarket produce section to exploration. Except Brussels sprouts. Screw Brussels sprouts.

ENTERTAINMENT LINEUP





DINNER SHOW: PIANO MAN
 DINNER & A TRIBUTE TO BILLY JOEL & ELTON JOHN
 Two Shows July 23rd

THE AUSTRALIAN BEE GEES SHOW
 THE ULTIMATE TRIBUTE TO THE BEE GEES
 July 31st





CARROT TOP
 August 1st

PAULY SHORE
 August 4th





TED NUGENT
 August 5th

GEORGE THOROGOOD
 August 20th




DUELING PIANOS
 at mississippi moon bar
 Every Thursday | 8:00 pm
 No Cover


MMB LIVE
 8:00 pm | No Cover
HIGBEE HIGBEE - July 24th
THE TASTIES - July 31st



Wednesdays at 8:00 pm
SCOTT NOVOTNY - July 28th

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Premier Bank Mississippi Valley Tennis Open July 20-25

Dubuque Golf and Country Club

The Premier Bank-sponsored Mississippi Valley Open tennis tournament is set for six days in late July. The junior tournament will take place July 20-22, with the adult tournament scheduled for July 23-25. Matches are scheduled at various courts throughout the city of Dubuque, with the adult championship matches played at the Dubuque Golf and Country Club on Sunday, July 25. Spectators are welcome at all matches. One of the best regional contests, this tennis tournament was voted the best adult tournament in Iowa for the past two years and the best junior tournament in Iowa in 2007. It also holds the title of the 2009 best adult tournament in the Missouri Valley (Iowa, Nebraska, Kansas, Oklahoma, and Missouri). "The tournament continues to attract people from several states to compete and the tournament is attracting talented players of a high caliber," said Matt Edwards, MVO Tournament Director. One reason for that might be the cash awards for men's and women's singles and doubles! Interested players still have time to register online at www.usta.com/tennislink. The junior deadline is July 15 (ID # 404421110) and the adult deadline is July 18 (ID # 404422910).



Eastern Iowa Outlaws Roller Derby Meet and Greet Saturday, July 24

The Eastern Iowa Outlaws, the Dubuque area's new Roller Derby team invite all who are interested in the revived sport to come out and meet the team at a free public Meet and Greet, Saturday, July 24 at Five Flags Arena from 6 to 8 p.m. Everyone is welcome to arrive early as doors open at 5:45 p.m. giving visitors a chance to get a sneak peak of the team practicing. Afterwards, visitors can meet the team, get photos, autographs, and Official Outlaws merchandise. If you are over 18 the Outlaws dare you to sit in suicide seating! Get ready for the first home bout October 9, at the Five Flags Center! For more details, check the Five Flags web site at www.fiveflagscenter.com.



Ghostly Givers Saturday, July 31 Dyersville Commercial Club Park

The Ghost Players, most famous for their appearances at the Field of Dreams film site will make an appearance at a fundraising event at Dyersville Commercial Club Park / Jenk Field

from 4:30 to 6:30 p.m. on July 31. The Ghost Players will be entertaining the crowd and will be available to pitch to anyone interested in taking some swings for \$5.00 for five swings. All funds will go to the Cam and Joey Kolle Benefit to cover medical-related expenses. For more information, visit <http://www.kolles.x10hosting.com>.



Family Program: Prairie Flower Hike July 24, 2010

The Mines of Spain will be holding a family program about the distinct characteristics of prairie flowers. Hikers will learn to identify native prairie plants and the importance of prairie preservation. Because the program will be outside please wear weather appropriate clothing, shoes for hiking, sunscreen, bug spray, and bring a water bottle. For more information

about this program, other programs, or the Mines of Spain REcreation Area please call the E.B. Lyons Interpretive Center at 563.556.0620. Additional program schedules can be found at the parks website, www.minesofspain.org.



Biography of the life of artist, Frank Licciardi Release

July 30, 2010

It's coming! The long awaited, definitive biography of the life of artist, Frank Licciardi by his wife, Phyllis Licciardi. Phyllis will be coming to River Lights for a book release celebration and signing Friday, August 30th from 5:30 - 7:00 pm. Books will be available for purchase (\$29.99) and a few of Frank's pieces will be on display that evening.

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Rotary Club and the Dubuque Chamber present:

RAGBRAI / Rock n Soul Reunion on the River

Saturday, July 31

Alliant Amphitheater



The Port of Dubuque will experience a rare alignment of occurrences Saturday, July 31 as Rotary Club of Dubuque's annual Rock n Soul Reunion on the River will coincide with over 10,000 RAGBRAI riders completing the final leg of their week-long journey across Iowa by dipping front tires in the Mississippi River. It all adds up to a party at the Port of epic proportions.



As it turns out, the last time RAGBRAI ended the Missouri River to Mississippi ride in Dubuque was way back in 1993! Since then, our fair city has made a few improvements we'd like to show off. To properly celebrate the occasion, Rotary Club has partnered with the Dubuque Area Chamber of Commerce/Convention and Visitors Bureau (henceforth referred to as the CVB) to start the party when the earliest RAGBRAI riders begin to arrive in town. As such, Rotary volunteers will be on hand at the Alliant Amphitheater serving cold beverages at 9 a.m. for thirsty riders (and those who just want to get their party on) and stretching throughout the day and into the evening when the more traditional Rock n Soul Reunion gets underway. Food vendors will also be on hand.

Free entertainment also starts at 9 a.m. at the Alliant Amphitheater with the Lonely Goats (about 12 hours earlier than their usual start time!). One the Tri-State area's most diverse acts, the Lonely Goats play a wide variety of songs you might know, sometimes played in completely different styles than you might be used to hearing

them, a few originals, and a few songs you might never have heard but definitely should. Rock, blues, zydeco, Latin, funk, reggae, ska, hillbilly, and surf are all fair game. The Lonely Goats like to get the audience involved, inviting people on stage to play the washboard (or tambourine) with the band. It's all about having fun and getting people to dance.

At the other end of the Riverwalk, the Upper Main Street Jazz Band will also be entertaining RAGBRAI riders at the American Trust River's Edge Plaza from 9 a.m. to 1 p.m. With its sloping ramp to the waterline, the River's Edge Plaza will undoubtedly be THE spot for the traditional RAGBRAI tire dipping with live musical accompaniment by the Upper Main Street Jazz Band.

Back at the Alliant Amphitheater, party rock band the Buzz Berries will take the stage at noon. A popular Dubuque area band, the Buzz Berries play an upbeat mix of party and dance music that draws on '80s and '90s favorites with some current music thrown in as well. From 3 p.m. a disc jockey (to be announced) will spin tunes at the amphitheater in anticipation of Rock n Soul Reunion headliners Coupe DeVille who will perform from 6 to 10 p.m. Formed over 25 years ago, Coupe DeVille will take listeners back to the "time of bobby socks, fuzzy dice, and DAs." Performing a mix of classic "oldies" from the '50s and '60s, Coupe DeVille has entertained thousands of fans of classic rock-n-roll throughout the Midwest.



This year's RAGBRAI / Rock n Soul Reunion on the River celebration is free, though proceeds from beverage and food sales will support Rotary Club of Dubuque charities, with a special focus this year on fundraising for disabled veterans. We encourage everyone to join the fun and support the effort! For more information, visit www.dubuquerotary.org.



Rock 'n' Roll Rewind

August 6-7
Courtside Sports Bar & Grill

By Mike Ironside

With a variety of active local bands and venues in which to see and hear them, Dubuque area music fans enjoy a vibrant and robust live music scene. Legend has it that you can trace the roots of the current

live music scene to an earlier one, ripe with raw rock-n-roll and swirling psychedelia. Wouldn't it be cool if we had a "Wayback Machine" like Mr. Peabody and Sherman of the Bullwinkle cartoons, in which we could travel back in time and see all those great bands again...

Well good news vintage music fans, instead of traveling back into history, Rock 'n' Roll Rewind is bringing history to us here in the future, uh, I mean present. Presented

by the Dubuque Rock Veterans (DRV) Rock 'n' Roll Rewind will present performances by 17 classic bands from the era of 1960 to 1975 over two days. Scheduled for Friday and Saturday, August 6-7, Rock 'n' Roll Rewind will be hosted by Courtside Sports Bar & Grill in their spacious court area.



Dutch Uncle: Myck Rabbett, Greg Pekas, Terry Kane, Luis Saul Moscoso and Kevin Kane.

The event is considered to be the second Rock 'n' Roll Rewind, a gathering that just might become an annual event. It all started with Dubuque Rock Veteran founding member Greg Pekas, once the drummer for late 1960s band Dutch Uncle. Pekas, who now lives in Rockford, Illinois, joined the popular social networking site

Facebook in 2008, about the time he was moving back to the Midwest from Connecticut. Interested in reconnecting with some of his former band mates and others from the late '60s scene, Pekas created a Dubuque Rock Veterans Facebook page, "A group of musicians and their friends dedicated to classic rock music of the '60s and '70s, and the local Dubuque bands that played it."

The site adds a humorous warning: "We are the people our parents warned us about."

About the same time Pekas was finding old friends on Facebook, DRV-era musicians like Ralph Kluseman and Dutch Uncle lead singer Luis Moscoso were reconnecting at events like a 2008 Wahlert High School class reunion. Moscoso, who now lives in Washington state, hosted a yard party in the summer of 2009 with others in attendance like Vaughn Kray, drummer for the '60s band the Natives as well as later groups like The Dark Side, Blissfield Blues Band, and Butterscotch Grove. Over the course of the party, an acoustic guitar made the rounds, songs were sung, and the Rock 'n' Roll Rewind concept was set in motion.

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The Natives lookin' hip in 1968. Pictures: Denny Kuhl, Roger Julian, Randy Wilcox, Tom Bussan, Kenny Heim

While the DRV web site was attracting greater interest, fewer than 50 people had signed up as members of the site. A September 2009 article by Erik Hogstrom in a Sunday edition of the Dubuque Telegraph Herald mentioned the DRV Facebook page in the context of recollections by Moscoso, Kray, Pekas, and Mississippi Band guitarist and vocalist Dave Hummel, and as Pekas notes, "the thing went viral."

As more musicians and fans signed on to the DRV site, Moscoso got the idea to form a committee to host a show that would reunite some of the classic bands of the '60s and '70s. Pekas reports that at that point, Rock 'n' Roll Rewind "kind of grew legs of its own." Over the past few months, membership in the site has grown exponentially, hitting 600 members in late-July this year.



The "seedlings" of Rewind at a Wahlert class reunion at Rafter's in Oct. 2008. Ralph Kluseman, Dick Hartig & Luis Moscoso performing.

Former band members, friends and fans have posted hundreds of vintage photos and band posters, as well as vintage albums and photos of some of the more popular rock-n-roll acts of the '60s and '70s. The site has become a virtual museum of Dubuque rock history. In addition to Pekas and Moscoso, the site and Rewind event is being co-managed by Ted Rolling, a bass player in a number of bands through the '70s whose DRV title is listed as O.H.N.O. (Onstage Honcho & Ninja Operative). Rolling has the unenviable task of managing the schedule and on stage equipment for the Rewind event.



Veteran rockers Charlie Troy, Cricket, Dave Hummel and Dwayne Fudge on the porch, but no rocking chair here. Rockin', yes!

As Facebook is an ideal way for old friends to find each other, the DRV web site has also become a very active social space. Band members out of touch for years have reconnected, reminiscing about the good times "back in the day." Likewise, musicians who knew about one another or the bands in which they once played have had an opportunity to "meet" through the virtual interaction of the site. "Everybody was wrapped up in doing their own thing at the time," explains Pekas, "they were too busy to notice some of the other bands playing around the area."

Continued on the next page....

GLASS HOUSES
a tribute to Billy Joel

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365 Pop Quiz

1. This year is the ____ Annual Dubuque County Fair.

- A. 43rd B. 55th
C. 57th D. 60th

2. And it's also the _____ annual Taste of Dubuque.

- A. 12th B. 15th
C. 18th D. 20th

3. What sporting league coming to Five Flags this fall?

- A. Hockey B. Basketball
C. Indoor Soccer D. Roller Derby

4. Aside from owning Vendors Unlimited, the Dubuque Pepsi distributorship, the Gantz family also owns...

- A. The Star Brewery
B. Meadows Golf Course
C. Freddie's Popcorn
D. Noah's Ark Waterpark

5. What did James Beach and Sons manufacture in Dubuque at the beginning of the 20th century?

- A. Cars B. Soap
C. Windows D. Beer

6. In Pittsburgh, the Heinz family makes ketchup, in Dubuque, the

Heinz family is famous for...

- A. Candy B. Ketchup
C. Hats D. Windows

7. This Dubuque politician declined posts as Secretary of the Treasury and State and lost the presidential nomination to William McKinley, but was the Senate Majority leader.

- A. David Henderson B. Louis Murphy
C. William Allison D. Tom Tauke

8. What did Kirchhoff Distributing (now 7G Distributing) distribute before beer?

- A. Beer is it! B. Ice Cream
C. Meat D. Heating Oil

Rock 'n' Roll Rewind

Performance Schedule

Friday, August 6

Ralph Kluseman, 5:30 PM
Catch III, 6:10 PM
Hampton Road, 6:50 PM
Natives, 7:30 PM
Full Code, 8:10 PM
Gayle Grether, 8:50 PM
Pentagram, 9:30 PM
Harry Steve Maule, 10:10 PM
Joey Wayne Band, 10:50 PM

Saturday, August 7

Ralph Kluseman, 3:00 PM
Joey Wayne Band, 3:40 PM
Gayle Grether, 4:20 PM
Pentagram, 5:00 PM
5th Column, 5:40 PM
Mississippi - Hall of Fame
Band, 6:20 PM
Clichés: Dick Buscher tribute,
6:50 PM
The Rebel Band, 7:30 PM
Mississippi - current band,
8:35 PM
Dark Side, 9:10 PM
Hampton Road, 9:50 PM
Blissfield Blues Band, 10:30 PM
Head Stone, 11:05 PM
Harry Steve Maule, 11:45 PM
Core band/Final Jam, 12:25 AM



Pictured: Lyle Rich, Ted Rolling, Ron Miller, Terry Williams, Al Steinberg, Tom Paradiso, Randy Canham, Ron Dick

A recent comment on the site by drummer Mike Lieb no doubt sums up the feelings of many. "This whole Rewind thing has brought so many people together! I have made so many new friends. People that I've heard about for years but never worked with or even met are now dear friends," writes Lieb. "What a great thing. I am thankful and proud to be a part of this. I hope that after it's all over we can all stay in touch."

As membership and participation in the DRV web site increased, so did those interested in performing at Rock 'n' Roll Rewind. Originally planned to be hosted by The Lift on Main Street, organizers realized the event would be too big for that venue, moving it to Courtside's large back room which has played host to Rocktoberfest and other large



Pentagram 1971 (ish) Jim Newman, Andy Wilberding, Bob Lavacek, Bud Hemp, Michael Addyman

events. At some point, the committee had to put some constraints on the event, limiting the roster to bands from 1960 to 1975 that were actively performing in the area, or new bands comprised of members active at that time. Still, the lineup will feature over 50 musicians performing in 17 different bands.

With the exception of the original Natives, Friday night's lineup (5:30 to 11:30 p.m.) will feature a mix of vintage bands and current bands featuring members of bands from the '60-'75 era. Saturday's lineup (3 p.m. to 1 a.m.) will feature vintage bands from the period with their original lineups or with limited substitutions in cases where original members were not available. The show will include a performance by Iowa Rock and Roll Hall of Fame inductees, The Clichés, as well as performances by the vintage version of the Mississippi Band, which will be inducted into the Hall of Fame this September, as well as a current version of the band.

All in all, the event promises to be an incredible reunion for bands and the fans that remember them, and an introduction to younger musicians and music fans to the living history of the Dubuque area scene. "I think that Dubuque area people might not realize how lucky they are to have such a strong and vibrant live music scene with so

many great players," noted Pekas.

In addition to being one very cool event in and of itself, Rock 'n' Roll Rewind will be a fundraiser for Camp Albrecht Acres, a great non-profit organization that receives no federal, state or municipal funding, and relies entirely on the generosity of business and private individuals to sustain their important work with special needs kids. Advanced tickets to Rock 'n' Roll Rewind are available at all Hartig Drug Store locations.



Lavendar Hill, 1973: John Walachy, Lincoln Frey, Del Schmitt, Benjy Kruser, Perry Keating.

For more information on Rock 'n' Roll Rewind, the Dubuque Rock Veterans, and a huge and very cool archive of vintage band photos and posters, visit the Dubuque Rock Veterans on Facebook. But be sure to allow yourself some time to browse. You'll be at it a while.



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**Mud Lake Bluegrass
Featuring Jypsi
with Denny and the Hip Waders
Sunday, July 11**

The popular Mud Lake Bluegrass series of Sunday concerts returns for a second installment, Sunday, July 25. The free concert will feature the young and talented quartet known as Jypsi, with "Driftwood" Denny and the Hip Waders opening.

Nashville-based Jypsi, comprised of four young siblings of the Rische family (a branch on the Carter Family tree) features Lillie Mae, 18, on vocals and fiddle; Frank, 22, on guitar; Scarlett, 26, on mandolin and vocals; and Amber-Dawn, 27, on fiddle and vocals. The next generation in a long musical tradition, Jypsi draws on the bluegrass roots that run through the family and incorporates influences as diverse as the gypsy jazz of Django Reinhardt and the newest music of Nashville to create an original country sound. One country music's hottest new acts, with concert performances at Bonnaroo, California's Stagecoach Festival, and South by Southwest in Austin, Jypsi will undoubtedly be one of the Mud Lake Bluegrass series most talked-about performances.

For those not familiar with the concert series, "Bluegrass Sundays" are all-ages, free and open to the public, though donations are accepted to help support the cause. Entertainment at the main stage gets underway at about 2 p.m. with the opening act, with headliners taking the stage at about 3:30 p.m. Performances usually last to about 6 p.m. Sponsored by the Mud Lake Music Society, in cooperation with the Dubuque County Conservation Board, the Mud Lake Bluegrass summer concert series is now in its ninth season. Over the years, the Mud Lake

Music Society has presented over thirty groups and countless individual performers, to thousands of appreciative bluegrass fans.

Guests are encouraged to bring a picnic lunch and show up early to catch the "Pickers Picnic" starting at noon. Bluegrass pickers from novices to pros sit in on the impromptu jam sessions. Guest instructors help out beginners with any questions they might have as well as organizing the various groups. "People especially enjoy the Picker's Picnic," said series organizer Jim Zmudka, "Everyone gets out their own instruments and they play, sing and have fun together." A Dubuque native, Zmudka worked in Nashville as the agent for Bill Monroe, the "Father of Bluegrass Music," and has promoted the popular series since its inception.

The third and final installment in the summer bluegrass concert series is scheduled for Sunday, August 8 and will feature the return of all girl group the Ditchlilies with openers the Cosmo Billies (who happen to be an all boys band).

Camping is available for those wishing to stay overnight at Mud Lake Park. The park has both primitive and modern camping, along with playgrounds, modern bathrooms and river access for those who would rather arrive by boat. Organizers do have concession stand selling ice cream, but if you want to drink beer you are advised to bring your own cooler.

Mud Lake park is located just a few miles north of Dubuque. Take Highway 52 north to Sageville, turn right on Mud Lake Road and follow the signs to the picnic at the park. For more information on the event, contact organizer Jim Zmudka at the Mud Lake Bluegrass society at (563) 552-1522. For camping information, contact Dubuque County Conservation at (563) 556-6745.

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Cooking 101 • August 17 • 6p-9p • \$35.00
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Art Market Dubuque
Saturdays, July 17 - September 11
Riverwalk, Port of Dubuque

Art Market, featuring a variety of artwork including photography, sculpture, painting, jewelry and more will be on display and for sale every Saturday through the summer begins July 17. Located along the scenic Mississippi River Walk in the Port of Dubuque, Art Market Dubuque will feature a rotating selection of artwork for sale from between 20-35 regional artists, from 1-6 p.m. Select Saturdays will include entertainment like live theater performances, strolling musicians, art demonstrations, and a kids' art tent. Learn more online at www.dbqartmarket.com.

Chicago

July 16-31

Grand Opera House

The Grand Opera House has an array of fast-



paced and hard-hitting musicals this summer. Following the success of RENT last month, the theatre's next show is the exciting and scandalous Chicago, nominee of 10 Tony Awards when it first debuted on Broadway in 1975 and winner of 6 Tony Awards for its revival in 1996.

Chicago is set in the roaring twenties, an era characterized by the rise of popular culture, expensive living, flapper girls, jazz music, and prohibition. The story follows Roxie Hart who, after murdering her unfaithful lover, is sent to the women's block in Cook County Jail. While behind bars Roxie competes with a more experienced murderess, Velma Kelly, for lawyer Billy Flynn and a spot in the media spotlight to guarantee her acquittal. Featuring the songs "All That Jazz," "When You're Good to Mama," "Mr. Cellophane," and "Razzle Dazzle," the excite-

ment is high in this dance and music-intensive spectacle.

The Grand version of Chicago will be directed by Jeff Tebbe with music director David Resnick and choreographer Marina O'Rourke. With an all-star cast of exquisite beauties, it's not a show you'll want to miss. This production is brimming with talented adults and teenagers alike and is sure to give you a good time you're not soon to forget.

Performance dates and times are as follows: July 22-24, 7:30 p.m.; July 25, 2:00 p.m.; and July 29-31, 7:30 p.m. Fortickets call 563-588-1305 or visit thegrandoperahouse.com.



Artists Rule the Porch

Saturday, July 24 – Jeanne Dudley

Saturday, July 31 – Cole Butler

Outside the Lines Art Gallery

Celebrating summer on Bluff Street, Outside the Lines Art Gallery brings back Saturdays

on the porch, a series of demonstrations by OTLAG artists on the broad front porch of the Cable Car Square gallery. Basket weaver and recent OTLAG featured artist Jeanne Dudley will demonstrate the art of her specialty from 10 a.m. to 3 p.m. on Saturday, July 24, with painter and sculptor Cole Butler demonstrating his unique approach on Saturday, July 31. A different artist will be featured each Saturday through August, giving guests an opportunity to meet the artist and learn more about their technique and process. Upcoming artists in the series include painter Cindy Nelms-Byrne on Saturday, August 7, and potter Gary Carstens on Saturday, August 14.

Music in the Gardens

Sunday, July 25th, 6:30 PM

Celebration Iowa Singers & Jazz Band
Dubuque Arboretum

The final installment of the DAC's Music in the Gardens is scheduled for Sunday, July 25 and will feature the Celebration Iowa Singers, Dancers, & Jazz Band. Sponsored by the Dubuque Arts Council, Music in the Gardens, the free "Sundays at 6:30" summer concert series offers a wide variety of family-friendly music in the beautiful surroundings of Dubuque's Arboretum. Bring lawn chairs or blankets and your own picnic and refreshments!

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**The Multicultural Family Center
presents:
Summer Street Jam
The Charles Walker Band
Friday, August 6
Town Clock Plaza**

Just when you thought Dubuque couldn't fit another festival in summer calendar, the Multicultural Family Center presents Summer Street Jam – Fun for the Whole Fam! Scheduled for Friday, August 6 from 1 to 9 p.m. under the Town Clock, Summer Street Jam is a free, fun, family-friendly festival with music, activities, fun competitions, food vendors, and more.

The event gets started on Friday afternoon at 1 with music provided by DJ Websinna. There will be a two-person Beanbag Tournament, as well as contests for basketball free throws, double dutch rope jumping, and hula hoop. Other family-friendly activities include face painting, a dunk tank, a bounce house, temporary tattoos, balloon animals, and more. Activity punch cards, good for participation in eight activities will be available for \$5 at the event or in advance at the

Multicultural Family Center.

A poetry slam competition for both teens and adults will be held in the late afternoon. The teen poetry competition will begin at 3:30 p.m., with the adult poetry slam at 4:40 p.m.

Milwaukee blues, R&B and funk group, The Charles Walker Band will perform on the Town Clock stage at 6:30 p.m. Led by accomplished sax player Charles Walker, the five-piece group performs an energetic mix of funky rhythm & blues featuring the powerful vocals of Porsche Carmon. The Charles Walker Band has opened for a variety of notable performers, including Aaron Neville, Robert Cray, BB King, Richard Marx, Eddie Shaw (Howlin' Wolf's Sax Player), Booker T, Earth, Wind & Fire, Cameo, and Bernard Allison. The Charles Walker Band will perform until 9 p.m.

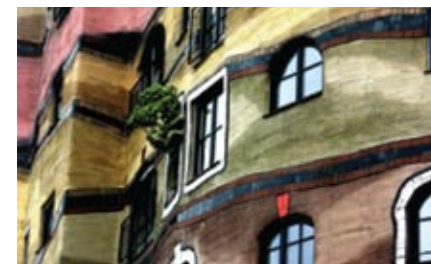
In addition to music and activities, Summer Street Jam offers a range of tasty food from a variety of food vendors. For more information or to register for any competitions, visit the Multicultural Family Center or the Center's web site at www.mfcdqbq.org.



**David Meinhardt
3-D Photography and Beyond
Opening reception, Sunday, August 1
Rountree Gallery, Platteville**
Photographer David Meinhardt will show an exhibit of photographs, including 3-D photographs or "Phantograms" at Platteville's Rountree Gallery from July 28 through August 29. An opening reception for 3-D Photography and Beyond is set for Sunday August 1 from 1-3 p.m.



Using a special double camera rig, Meinhardt can simultaneously photograph an object from two slightly different angles. Later, he recombines the two photos, color shifted to red and cyan into a single image that when viewed with red/cyan 3-D glasses (like those used to view traditional 3-D movies) produces the illusion of a three-dimensional object. The objects in the 3-D photographs or "Phantograms" seem to rise up from the flat page like a hologram.



Meinhardt's month-long exhibit also features his work in infrared photography as well as traditional photos in themes ranging from the whimsical to social commentary. Rountree Gallery is open Wednesday through Friday and Sunday from 12:00 to 4:30 p.m. and Saturday from 10:00 a.m. to 4:30 p.m. For more information, visit Meinhardt's web site at www.djmstudios.net.

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BEAT THE HEAT

Ok, it's hot. Summer...not much we can do about that. So, if it's going to be hot, exactly what can we do to beat the heat? It turns out there is a lot, but for the sake of convenience (and to help you get cool sooner rather than later) we thought, let's just get right to it and call up some friends for quick ideas on relief.

As expected, our friends had some great ideas. And while it's true, hanging out naked is technically cooler than wearing clothes, do we really want to go there? Seeing most of us fully clothed is scary enough. And no, we aren't going to recommend that our readers dump a bucket of ice down their shorts. Effective yes, but excruciatingly cold isn't quite what we had in mind either.

If you want to beat the heat fully clothed and without ice in your pants there are a few basic ways to do it. For example, you can drink something cool or dunk your whole body in something cool like the river, sans ice. You may also stake out a cool spot next to the AC (or your freezer if you are crazy desperate). Or (this is what we would recommend) you can join some friends at any of the many cool places in the Tri-states, and we mean cool as in the temperature with the double entendre fully un-intended.

So let's start with the easiest.



Cool Drinks

Go to Dubuque365.com and click Night-life. Bam...overheat solved. Or check out StreetJaw.com and search for "Drinks" 15 miles from whatever address you want to use. (And yes that was a shameless plug for our own stuff but hey, it beats ice in your shorts).



Cool Water

Look no further than the City of Dubuque for two great heat beating options. Dubuque's city pools offer great family amenities like slides and interactive water features. You can beat the heat, but with admission from 50 cents to \$3, you can't beat the price. Flora Pool at 2525 Green Street in Flora Park (across from Irving School on Pennsylvania Ave.) and Sutton Pool (1900 Hawthorne St)

are open 1-5 every day and 6:30 - 9 p.m. Sunday - Thursday. Hempstead High School also opens its pool to the public with extended Summer hours.



Some people still don't know that you DON'T have to be a registered guest at the Grand Harbor Resort & Indoor Water park to enjoy the water park. Yes, you and the family can simply escape for an afternoon and take in the splash-happy fun on the three indoor water slides and array of other water features. There's also a huge video game arcade (with prizes) and a concession stand right in the water park serving kid-friendly food and beverages.

If you were really set on the truly naked pool experience put in your own pool! Call the J&J Pool folks and we bet they will hook you up quick. Your neighbors will thank you.



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Cool Air

Dude, turn on your AC! But be smart about it, as we are a GREEN community. It's costly to cool and then re- cool your house. Try keeping the temp a bit higher but be sure to keep it consistent throughout the day; also try a de-humidifier. At night try just using the ceiling fan, radial fan, box fan or better yet, give your kids a few bucks and some paper plates taped together like a fan and let the cool night air of the beautiful Mississippi River valley do its thing.



Cool Places

Well, books can be cool, especially if you swing by River Lights (grab some Freddie's Popcorn or a Sangria at L'May on the way). Mindframe Theaters is also super cool. They have slushies, sodas, iced coffee and yes, COLD BEER. Movies, Popcorn, AC and Beer... are you kidding. Who cares if it's hot? I personally relish the 'too hot' excuse. I would ride my bike to Mindframe, but it's too hot... Right? So turn on the AC in your car. Perfect!

Too hot for outside activities? Let's face it, no one does cool comfort quite like the casinos. A trip to the Diamond Jo Casino or the Mystique Casino promises food, music, gaming and even bowling at Cherry Lanes. All under one roof. Well, two roofs. And no sweat, unless maybe

you're playing blackjack, but no one forced you to double down pal! If you are down by the Port what a great time to also check out the new number one family trip in Dubuque and catch a 4-D movie in the new double-sized Mississippi River Museum. For this article the 4th Dimension might as well be cool air.

Oh yeah, if you want a life-long memory with



the family here is another great idea. Check out Crystal Lake Cave just south of Dubuque on the way to Bellevue, another great cool community. That cave is dark AND cool. And yes this time we mean both kinds of COOL.

Bonus Cool – ICE CREAM

Whoa...what were we thinking!!! We live in Iowa and almost forgot the best kind of cool on earth. Cool that lets you chill from the inside out. Ice cream in Dubuque isn't just a treat, it's an institution. Did you know Kirchhoff started out as an ice cream distributor before they delivered the King of



that crazy truck that keeps circling the neighborhood playing music. There is ice-cream in this town everywhere you turn!

Then there is Dairy Queen, three of them, but let's focus on the classics, the Dairy Queen downtown conveniently within close walking distance of Sutton Pool.

Beers. Thankfully prohibition ended and they moved on to the sudsy goodness they are known for today. But ice cream roots still run deep in Dubuque. Betty Jane, home of some seriously tasty candy and caramel apples is now famous for ice cream too. Oh, and Cold Stone. Wait, Frosty's, McDonalds Shakes, and

Double whammy!

See, every kind of cool, if properly pursued, is always on the way to yet another cool destination. So put this cool paper down and go splash, chill, drink and dip and beat the heat, Dubuque style.



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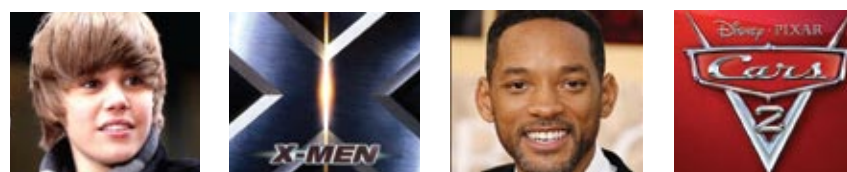
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Salt: After a Russian defector accuses her of being a KGB sleeper agent with a plot to assassinate the President of the United States, CIA agent Evelyn Salt goes on the run to not only clear her name, but to discover the truth behind the conspiracy that has both her and the President in its sights. **Ramona and Beezus:** Based upon the classic Beverly Cleary novels, While the little third-grader Ramona's boundless energy leads herself into trouble at every turn, she will soon find that her troublemaking nature will help save her family's home. **Dinner for Schmucks:** Tim Wagner, a rising corporate executive who has succeeded in finding the perfect guests for his boss's monthly "dinner for idiots" event, one which offers benefits to the employee who features the biggest moron, encounters IRS employee Barry, and immediately puts him to work. **Charlie St. Cloud:** As the grief of his brother's passing consumes him, Charlie takes a job as caretaker of the cemetery in which his brother, Sam, is buried -- and Charlie sees him every night, when they play catch every night and talk, as brothers. Charlie promises to play every night ... until he meets a new love.



THE BUZZ...

Cue the incessant screeching of young teenagers ... according to Hollywood Life, Justin Bieber -- yes, the same Justin Bieber who can't even legally smoke -- is going to have a biopic made about his life and career. He claims it's going to be "kinda like my own version of 8 Mile." Countdown to the apocalypse in 3, 2, 1

Simon Pegg, due to start shooting soon on the sequel to last year's Star Trek reboot, is also in negotiations to reprise his role of the "tech support" geek Benji in the upcoming Mission: Impossible 4, set to be directed by Brad Bird (The Iron Giant, Ratatouille, The Incredibles). The film's future, however, is in question, as Paramount has been said to be considering rebooting the entire franchise after the abysmal box office performance of star Tom Cruise's latest movie, Knight & Day.

While the story is, as yet, unknown, X-Men: First Class, produced by Bryan Singer (director of the first two X-Men films) and directed by Matthew Vaughn (Layer Cake),

is ramping up quite a cast. James McAvoy is confirmed to be playing a young Professor Xavier against Michael Fassbender's Magneto, while Kevin Bacon is confirmed to be playing the film's main villain. With a decent staff aboard, hopefully it will turn out better than X-Men: The Last Stand and X-Men Origins: Wolverine.

Will Smith, in an odd move, has decided to produce and star in The Legend of Cain, an odd take on the Biblical tale of Cain and Abel. It's odd because the story will feature vampires. Sure, I Am Legend made bucketloads of money despite being a terrible movie, but ... really? Also, isn't Smith a Scientologist?

Pixar, currently in the throes of developing next year's Cars 2, is now also developing Planes, a direct-to-video spin-off of the Cars franchise. Time will tell, though, if this pans out -- after all, Toy Story 2 was originally planned as a direct-to-video release, before Pixar decided to scrap it and re-do the entire film in the span of less than a year.

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24 Hour Theatre Project



Trainwreck Productions: The 24 Hour Theatre Project August 6-7 Mindframe Theaters

Trainwreck Productions presents The 24 Hour Theatre Project, a fun-filled competition in which teams of three to seven creative individuals compete against others in an exciting challenge to create a performance-ready play in just 24 hours. Scheduled for August 6 and 7, teams will assemble at Mindframe Theaters



on Friday evening and return the next evening to perform the play they've created.

Teams will gather in the lobby at Mindframe on Friday, August 6 at 5:30 p.m. where each will receive by a random drawing a genre, a character/occupation, a prop, and a line of text to be used in an original 7-15 minute play. Teams are then released at 6 p.m. with the challenge of creating, writing, and rehearsing



in the next 24 hours, returning to Mindframe to perform for an audience on Saturday night at 7 p.m. (Yeah, we realize that's 25 hours, but they need a little travel time!)

The best three teams will be recognized for First, Second, and Third place plays, as well as awards for "Best Creative Use of Assigned Elements," and a "People's Choice Award" determined by the audience.



Theater lovers are invited to register a team or just come out to the performances, which will include live music and awards. Admission is free and open to the public. The performance and awards will help us raise money for future Trainwreck Productions and the Multi-cultural Family Center's after-school Drama Club program. For more information, visit <http://trainwreckproductions.org/24http.php>.



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A big StreetJaw congratulations to **Jennifer Hanniford** from **DuPaco Community Credit Union** who chose the iPod touch when she won the first round of the **StreetJaw Smart Summer Giveaway!** Who's Next?

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Winners selected at random every two weeks from all registered StreetJaw members who are fans of any business within 30 miles of Dubuque, IA. Contest open to all users 18 years of age or older. Not available to StreetJaw or 365 employees or immediate families. Other local and state regulations may also apply. Registration implies consented use of the winner's photo with the prize and list of StreetJaw Fan Venues to be published in 365ink Magazine, Dubuque365.com, StreetJaw.com, Facebook or the website of the venue listed as the registering location. Contestants must be registered as a free member on StreetJaw.com. *Phones available with 2 year service plan. StreetJaw, 365 & participating locations are not responsible for extra fees, taxes or service upgrades nor any expense of the plan beyond the price of the phone selected and redemption will be paid direct to the vendor.



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The Tri-States 6th Annual Chicken Wing Cook-Off

SATURDAY, AUGUST 14, 11 AM -9 PM
DOWNTOWN EAST DUBUQUE, IL



- \$5 Public Wing Tasting @ 2pm
- Free Inflatable Rides 12pm-5pm
- Kids Fun & Games 1pm-4pm
- Free Corn Boil @ 5pm
- Food Vendors Serving All Day
- Live Music
- Rocket Surgeons (12:30pm-4:30pm)
- Half Fast (5 pm - 9 pm)





Thursday, July 22

Ralph Kluseman
Tony Roma's, 6 PM

Sunshine
Champps Americana, 6 PM

Irish Trad w/ Peter Fraterdeus
The Lift, 7 PM

Friday, July 23

Piano Man: Tribute to Billy Joel and Elton John
Mississippi Moon Bar, 5:30 PM, 8 PM

Buzz Berries
Jammin Below the Dam, 7 PM

Just Cuz
Ground Round, 7 PM

Badfish
The Yardarm, 8 PM

Ian Gould
Irish Cottage, 8 PM

Santah, Nate Jenkins Band, Good Evening
The Lift, 9 PM

Nothin But Dylan
Grape Escape, 9 PM

Enemies of Confusion
Northside Bar, 9 PM

Nobody Famous
Mystique Encore, 9:30 PM

Saturday, July 24
Blue Willow
Stone Cliff Wine Bar, 7 PM

Ian Gould
Irish Cottage, 8 PM

Half-Fast
The Yardarm, 8 PM

Family Tradition
Shark's Roadhouse, 8:30 PM

Blake Thomas Band
The Lift, 9 PM

Good Evening
Monk's, 9 PM

Kevin Beck and Johnnie Walker
Spirits Bar and Grill, 9 PM

Zero 2 Sixty
Bulldogs, 9 PM

Sunshine
Red n Deb's Bar and Grill, 9 PM

Massey Road
Pit Stop, 9 PM

Horsin' Around
Pizzaria Uno, 9 PM

The Resistors
Wheel Inn, 9 PM

Nobody Famous
Mystique Encore, 9:30 PM

Renegade
Sandy Hook Tavern, 3 PM

Eugene Smiles Project
Sandy Hook Tavern, 8 PM

Tall Corn Euphoria & Sun Green
The Bank, 9 PM

Sunday, July 25

A Pirate Over 50
The Yardarm, 1 PM

Denny Garcia
Mud Lake Bluegrass, 2 PM

The Bluebird Trio
Music in the Vineyard, Tabor Winery, 3 PM

Jypsi (Carter Family)
Mud Lake Bluegrass, 3:30 PM

69 Band
New Diggings General Store, 3:30 PM

Taste Like Chicken
Catfish Charlie's, 3:30 PM

The Gilded Bats
Park Farm Winery, 5 PM

Buildings
The Lift, 5 PM

Laura & The Longhairs
Sandy Hook Tavern, 8 PM

Tuesday, July 27

Daniel & The Lion
Monk's, 5 PM

A Pirate Over 50
Tony Roma's, 6 PM

Broken Rubber Band
Dubuque County Fair, 8 PM

Wednesday, July 28

Johnnie Walker
Woodfire Grille, 5:30 PM

98 in the Shade
Dubuque County Fair, 8 PM

Thursday, July 29

Massey Road
Tony Roma's, 6 PM

Taste Like Chicken
Champps Americana, 6 PM

Dubuque County Fair
Neil Hewitt, 6 PM
Big House Band, 8 PM

Diva Emery
Lot One, 8:30 PM

Johnnie Walker
The Yardarm, 8 PM

Friday, July 30

John Moran
Lunchtime Jam, Town Clock, 1 PM

Laura & The Longhairs
The View, Hawkeye Marina, 2 PM

Kenny Rogers, Bomshel
Dubuque County Fair Grandstand, 7:30 PM

Full Code Band
Mystique, 8 PM

Shaun Cavanaugh
The Yardarm, 8 PM

Katie & Brownie
Irish Cottage, 8 PM

Mississippi Band
Music in the Park, Cascade, 8 PM

Broken Rubber Band
The Bank, 9 PM

Hannah's Field
Monk's, 9 PM

Horsin' Around
Dubuque County Fair, 9 PM

Rosalie Morgan
Grape Escape, 9 PM

Liberty Valance
Sandy Hook, 10 PM

Saturday, July 31

RAGBRAI Celebration/ Rock n Soul Reunion
Alliant Amphitheater
Lonely Goats, 9 AM
Buzz Berries, 12 PM
Coupe DeVille, 6 PM

Kevin Beck and Johnnie Walker
Hawkeye Marina, Mud Lake, 2 PM

Rosalie Morgan
Taiko, 7 PM

Theory of a Deadman & Saving Abel
Dubuque County Fair, 7:30 PM

The Australian Bee Gees Show
Mississippi Moon Bar, 8 PM

Full Code Band
Mystique, 8 PM

Casethejoint, Imperfekt and Colorless
The Yardarm, 8 PM

John Moran
The Cornerstone, 8 PM

Katie & Brownie
Irish Cottage, 8 PM

Half-Fast
Dubuque County Fair, 9 PM

Smokestack & The Foothill Fury
Monk's Kaffee Pub, 9 PM

Dan and Cindy Callaway
The Bank, 9 PM

They Never Sleep, On The Attack, Bucket House Hooligans
The Lift, 9 PM

Sam Wooden
New Diggings General Store, 9 PM

Zero 2 Sixty
Pit Stop, 9 PM

Sunshine
Wheel Inn, 9 PM

Sid V & The Human Resources
The Holiday, 9 PM

Bryan Popp & Corey Jenny
Boondocks Saloon, 9:30 PM

Sunday, August 1
Dubuque County Fair
A Pirate Over 50, 2 PM
Hard Salami, 7 PM

John Moran
The Yardarm, 3 PM

Playground of Sound
New Diggings Gen. Store, 3:30 PM

Coolzey, Lipstick Homocide
The Lift, 5 PM

Kevin Beck & Johnnie Walker
Park Farm Winery, 5 PM

Laura & The Longhairs
Corner Tap, 8 PM

Tuesday, August 3
Memories
Tony Roma's, 6 PM

Wednesday, August 4

Laura McDonald
Woodfire Grille, 5:30 PM

John Moran
Riverboat Lounge, 7 PM

Open Mic with Jeff & Jimmy
The Lift, 9 PM

Thursday, August 5
98 in the Shade
Tony Roma's, 6 PM

Corey Jenny & Mojo Busted
Music in the Park, Platteville, 6 PM

The Elders
Frank O'Dowd's Pub, 7:30 PM

Ted Nugent
Mississippi Moon Bar, 8 PM

Friday, August 6
Rock n Roll Rewind

Courtside
Ralph Kluseman 5:30 PM
Catch III 6:10 PM
Hampton Road 6:50 PM
Natives 7:30 PM
Full Code 8:10 PM
Gayle Grether 8:50 PM
Pentagram 9:30 PM
Harry Steve Maule 10:10 PM
Joey Wayne Band 10:50 PM

Adam Beck
Mississippi Moon Bar, 8 PM

The Bahr Flies,
The Yardarm, 8 PM

The Impulse Band
Dubuque Driving Range, 8 PM

Paul McHugh
Frank O'Dowd's Pub, 8 PM

Meerkats
The Lift, 9 PM

Renegade
Northside Bar, 9 PM

Bellinia Band
Mystique, 9:30 PM

Taste Like Chicken
Sandy Hook Tavern, 10 PM

Saturday, August 7
Pash N Brew
Dubuque Harley Davidson, 11 AM

Taste Like Chicken
The View, Hawkeye Marina, 2 PM

Nothin' But Dylan
Grape Escape, 2 PM

Rock n Roll Rewind @ Courtside

Ralph Kluseman 3:00 PM
Joey Wayne Band 3:40 PM
Gayle Grether 4:20 PM
Pentagram 5:00 PM
5th Column 5:40 PM
Mississippi - H.O.F. Band 6:20 PM
Clichés: Dick Buscher trib. 6:50 PM
The Rebel Band 7:30 PM
Mississippi - current band 8:35 PM
Dark Side 9:10 PM
Hampton Road 9:50 PM
Blissfield Blues Band 10:30 PM
Head Stone 11:05 PM
Harry Steve Maule 11:45 PM
Core band/Final Jam 12:25 AM

Taste of Dubuque (2 stages)
Wicked Liz & the Bellyswirls, 5 p.m.
Zero 2 Sixty, 7:00 p.m.
Breakfast Club 8 p.m,

Buzz Berries
Epworth Town & Country Days, 8 PM

The Resistors
Corner Tap, 8:30 PM

Derty Rice
The Bank, 9 PM

Boo Bradley
Monk's, 9 PM

Horsin' Around
Budde's, 9 PM

Bryan Popp & Corey Jenny
Spirits, Days Inn, 9 PM

Iron Orchard
Grape Escape, 9 PM

Bellinia Band
Mystique, 9:30 PM

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Budde's
10638 Key West Drive • Key West, IA • 563-582-0069

Bulldog Billiards
1850 Central • 563-588-0116

Cornerstone
125 N. Main • Galena • 815-776-0700

Courtside
2095 Holliday Dr • 563-583-0574

Dagwood's
231 First Ave. W • Cascade, IA • 563-852-3378

Denny's Lux Club
3050 Asbury Rd • 563-557-0880

Diamond Jo Casino
Port of Dubuque • 563-690-2100 • diamondjo.com

Dino's Backside (The Other Side)
68 Sinsinawa • East Dubuque • 815-747-9049

Dirty Ernie's
201 1st St NE • Farley, IA • 563-744-4653

Dog House Lounge
1646 Asbury • 563-556-7611

Doolittle's Cuba City
112 S Main • Cuba City, WI • 608-744-2404

Doolittle's Lancaster
135 S Jefferson St • Lancaster, WI • 608-723-7676

Dubuque Driving Range (Highway 52)
John Deere Road • 563-556-5420

Eagles Club
1175 Century Drive • 563-582-6498

Eichman's Grenada Tap
11941 Route 52 N • 563-552-2494

Five Flags Civic Center
405 Main • 563-589-4254 • Tix: 563-557-8497

Gin Rickeys
1447 Central • 563-583-0063 • myspace.com/ginrickeys

Gobbie's
219 N Main St • Galena, IL • 815-777-0243

Grand Harbor Resort
350 Bell • 563-690-4000 • grandharborresort.com

Grape Escape
233 S Main • Galena, IL • 815-776-WINE • grapeescapegalena.com

The Hub
253 Main • 563-556-5782 • myspace.com/thehubdbq

Irish Cottage
9853 US Hwy 20 • Galena, IL • 815-776-0707 • theirishcottageboutiquehotel.com

Jumpers Bar & Grill
2600 Dodge • 563-556-6100 • myspace.com/jumpersdbq

Knicker's Saloon
2186 Central Ave • 563-583-5044

The Lift
180 Main • 563-584-1702

M-Studios
223 Diagonal St • Galena, IL • 815-777-6463 • m-studios.org

Mississippi Moon Bar
Port of Dubuque • 563-690-2100 • diamondjo.com

Monk's Kaffee Pub
373 Bluff St • 563-585-0919

Mooney Hollow Barn
12471 Highway 52 S. Green Island, IA • 563-580-9494

Murph's South End
55 Locust St • 563-556-9896

Mystique Casino
1855 Greyhound Park Rd • 563-582-3647 • mystiquedbq.com

New Diggings
2944 County Rd W • New Diggings, WI • 608-965-3231 • newdiggs.com

Noonan's North
917 Main St • Holy Cross, IA • 563-870-2235

Northside Bar
2776 Jackson • 563-583-3039

Perfect Pint /Steve's Pizza
15 E Main St • Platteville, WI • 608-348-3136

Pit Stop
17522 S John Deere Rd • 563-582-0221

Sandy Hook Tavern
3868 Badger Rd • Hazel Green, WI • 608-748-4728

Star Restaurant and Ultra Lounge (2nd Floor)
600 Star Brewery Dr • Port of Dubuque • 563-556-4800 • dbqstar.com

Stone Cliff Winery
600 Star Brewery Dr • Port of Dubuque • 563-583-6100 • stonecliffwinery.com

Thums Up Pub & Grill
3670 County Road HHH • Kieler, WI • 608-568-3118

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Road Ragin' Hot Rod Show and Ride July 24-25

The Sandy Hook Tavern

The Sandy Hook Tavern, just over the bridge in southwest Wisconsin hosts the Road Ragin' Hot Rod Show and Benefit Run on the weekend of July 24-25. The Hot Rod Show is scheduled for Saturday, July 24, with a "Kegs-n-Eggs" Breakfast and Ride the following day, Sunday, July 25. This is the third year for the annual event.



The Hot Rod Show, sponsored by A&B Automotive will feature a variety of classic cars on display (registration from 11 a.m. to 1:30 p.m.), followed by the first ever Road Ragin' Parade at 2 p.m.

In addition to the Hot Rod Show, the event will feature food, beverages, and music all day

and evening. DJ Mobil Moosic will be spinning tunes on the ball field from noon to 5 p.m., with live music by Renegade from 3-6 p.m. and the Eugene Smiles Project from 8 p.m. to midnight. There will be a variety of games for kids and adults. Food will be available from the Grant County Road Crew with all proceeds benefiting their Ride Safe Program.



Sunday's Kegs-n-Eggs Breakfast starts at 10 a.m. and goes until noon, featuring steak and eggs and a Bloody Mary bar with all the fixin's. Proceeds benefit the Jamestown Fire Department and First Responders. The ride follows, leaving the Hook at 2 p.m. and hitting a number of stops in Southwest Wisconsin before returning for live music from Laura & The Longhairs at 8 p.m. For more information on the car show, contact Breanna at A & B Automotive Center at 563-451-8785. For information on the parade or ride, call the Hook at 608-748-4728.

DUBUQUE365.com



Prairie Dog Blues Fest July 30-31

St. Feriole Island
Prairie du Chien

While Prairie du Chien events are usually a bit outside our range of focus at 365, knowing there are plenty of Tri-State area fans of blues music, we figured you wouldn't mind knowing about Prairie Dog Blues Fest. Scheduled for Friday, July 30 and Saturday, July 31, the 13th annual Prairie Dog Blues Fest is set to host a full lineup of great blues musicians, all on an island in the middle of the Mississippi River. They even have "beer girls" on golf carts that will deliver beer right to you! How cool is that?

While we don't have room to give you the rundown on all the performers, Friday night will be headlined by the rocking electric blues of Texas-based Jonathan Tyler & The

Northern Lights, with opening performances by Guitar Shorty and Big James and the Chicago Playboys.

Saturday's program starts at noon and continues into the evening with performances by Debbie Davies & Robin Rogers Band, Big John Dickerson, and the Shaun Murphy Band, culminating with a set by the tradition-steeped and rock forged sound of Eric Sardinas.



Tickets are \$30 for a single day, or \$50 for the weekend and camping is available. For more information tickets, camping and the full schedule of performers, visit www.prairiedogblues.com.



The Colts Cadets Present: Music on the March II Sunday, July 8

A follow-up to the Colts Drum & Bugle Corps' June event, Music on the March, the Colts Cadets host Music on the March II, a drum & bugle corps performance and competition scheduled for Sunday, July 8 from 7 p.m. at Senior High School's Dalzell Field. The event will feature seven groups competing in the Drum Corps International open class. Music on the March II is a national ranking event leading up to the DCI open class quarterfinals.

Groups in competition include (not necessarily in this order) the Blue Devils B,

Concord, California; Les Stentors, Sherbrooke, Quebec, Canada; the Oregon Crusaders, Portland, Oregon; the Racine Scouts, Racine, Wisconsin; the Raiders, Wayne, New Jersey; the Revolution, San Antonio, Texas; and Dubuque's own Colt Cadets.

General Admission advanced tickets are just \$10 (or \$12 at the gate) and are available on the Colts web site, or at all Dupaco Credit Union locations, Kephart's Music Center on Highway 20 West, and at the Colts Center at 1101 Central Avenue. For more information, call 563-582-4872 or visit the Colts web site at <http://www.colts.org>.



Tall Corn Euforia/ Sungreen Saturday, July 24, Bank Bar & Grille

The Bank Bar and Grille hosts a special evening of entertainment Saturday, July 24. Iowa filmmaker Dean Wellman will present the world premier screening of his musical documentary Tall Corn Euforia at 7 p.m., followed by a performance by Wellman's band Sun Green, a tribute to Neil Young and Crazy Horse at 9:30 p.m.

Tall Corn Euforia documents the incredible live music festival weekend hosted by Iowa City afro-funk band Euforquestra on a small farm outside Iowa City. With multiple video cameras, eight producers, three still photographers, and access to clean, direct audio from the mixing board, Wellman and crew were able to capture the performances of a range of great Midwestern bands. Bands included in the documentary include Euforquestra, Public Property, Uniphonics, the Diplomats of Solid Sound, Bob Dorr and The Blue

Band, Bumpus, Samba Nasso, Hunab, Cornmeal, Fat Maw Rooney, and the Family Groove Co. The film is a great testimonial to Iowa musical talent.

In addition to the video captured that weekend, Wellman used over 150 still photos manipulated to create a comic book effect, which he then incorporated into the live music scenes and interviews, adding to the psychedelic vibe of the festival. While some of the audio was mixed by KUNI radio or Iowa city's Minstrel Studios, Wellman mixed some of the sound himself. In all, it took him six months to edit and produce the 90-minute film.

To celebrate the premier screening, The Bank will offer a special "Flavors of Dubuque" menu featuring local favorites like pork chops and Fincel's sweet corn.

The Tall Corn Euforia film screening will be followed by a performance by Neil Young and Crazy Horse tribute band Sun Green, featuring Wellman along with Jimmy Berg, Bobby Bradford, and Jeff Weydert.

DUBUQUE365.com



Dubuque County Fair July 27 – August 1

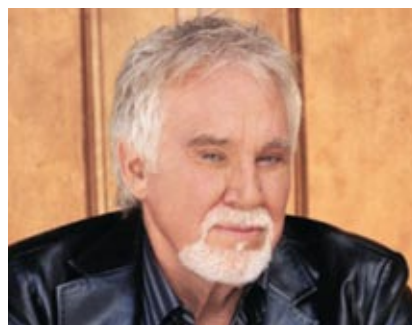
Better get MOOvin'! So say organizers of the Dubuque County Fair, scheduled for the week of Tuesday, July 27 through Sunday, August 1. With a full schedule of events on the track, fairgrounds, and multiple stages, including major concerts on the Grand Stand Stage, this year's Dubuque County Fair, the 57th annual, has something for the whole family.

With so much to see and do, everyone has his or her own favorites at the fair. For some, it's the big carnival with all the rides and games. For others, it's the dirt track events. While the Draft Horse Pull might raise some dust on Tuesday afternoon, Tractor Pulls on Tuesday and Thursday and stock car races on Wednesday and Sunday (not to mention the Demolition Derby) should satisfy those looking for dirt track excitement.

If a leisurely stroll around the Fairgrounds is more your speed, there will be plenty to see and do. Throughout the week, creative arts and other exhibits will be on display in the Creative Arts Center and the 4-H Building. The Hy Vee Big Top Tent will feature a Pop Quiz Game

Show, Cool Carvings, and a performance by the Dubuque Dance Studio. The Coca-Cola/Jumpin' Jane's Tent will host a variety of kid- and family-friendly activities including kids' bingo, a rock-paper-scissors contest, musical chairs, a twist contest, a coloring contest, a hula hoop contest, a scavenger hunt, a yo-yo demonstration, contests in rope jumping and juggling, eating contests, karaoke, and more! Whew!

On Saturday, the same stage will host the Bill Riley Talent Contest, a preliminary competition toward qualification for the Bill Riley Talent Contest at the Iowa State Fair. For registration and rules and regulations for this and other contests, visit www.dbqfair.com.



Of course, many visit the Fair for live music, especially the major concerts offered on the Grand Stand Stage. This year's Friday night (July 30) concert will feature American Music Award, Country Music Association and Grammy Award winning artist Kenny Rogers. Though recognized as a country artist, Rogers has long enjoyed cross-over appeal. Among his more than sixty Top-40 hit singles, Rogers is probably best known for some of his biggest hits from the '70s and early '80s like "Lucille," "Coward of the County," "The Gambler" and "Lady."

Opening for Rogers will be Curb Records duo Bomshel. Ostensibly named for their blonde good looks, Kristy and Kelley have struck a chord with female country music fans in their hit single "Fight Like a Girl." A tribute to all women fighting breast cancer, the song has inspired fans to wear pink and in fact the duo and Fair organizers encourage concertgoers to do so, designating July 30 as "Pink Out Day at the Fair."

Saturday night's concert (July 31) will feature two staples of modern rock radio, Theory of a Dead Man and Saving Abel. British Columbia-based Theory of a Dead Man has built a steady following since the release of their first, self-



titled album in 2002, but it was the release of their third album, *Scars and Souvenirs*, in 2008 that brought the band their greatest acclaim. Releasing eight singles from the gold selling CD, *Theory of a Dead Man* hit number one with their song "Bad Girlfriend."

Sharing the grandstand stage with Theory of a Dead Man Saturday night will be Mississippi-based rockers Saving Abel. Local fans will no doubt turn out in support, especially those who caught the band's show last summer at the Diamond Jo Casino. Saving Abel has a new album, *Miss America*, out just last month, but is still sure to play their biggest hit, "Addicted."

Tickets for both Friday and Saturday nights' Grand Stand Stage concerts are on sale now and can be purchased in advance on the dbqfair.com web site. Tickets for Kenny Rogers and Bomshel range from \$60 VIP seats (which

Brenna Maloney

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Always a popular feature of the Fair is the beer garden and the live music performed on the Diamond Jo Stage. This year promises a lineup of popular local and regional bands including the Broken Rubber Band on Tuesday, 98 in the Shade on Wednesday, the Big House Band on Thursday, Horsin' Around on Friday, Half-Fast on Saturday, and both A Pirate Over 50 and Hard Salami on Sunday.



The Fair's roots extend back to its agricultural heritage of course, a tradition that is still alive and well today. That distinctly "country" smell wafting through the Fairgrounds is coming from the seven livestock barns that host a variety of show-worthy animals on display all week and livestock shows through the weekend. Careful where you step!

A newer tradition that returns this year is the mud volleyball tournament, scheduled for 10



a.m. on Saturday. From the photos taken last year, it looks like a messy good time. Again, careful where you step!

For many, the Fair experience is not about any one attraction, but more about taking it all in. And the food. Whatever you do, don't eat before you visit. There's nothing like walking around the grounds with a fresh-squeezed lemonade in hand, seeing all there is to see, hearing the roar of engines from the racetrack as they round the turn momentarily drowning out the carries' sales pitch (Hey lucky!) and the heavy metal music blasting from the Sizzler or some new diabolical ride. There is something about the smell of a carnival – popcorn and hamburgers mixed with dust, diesel smoke and a hint of the barnyard – that instantly



takes us back to the time when we were kids. Only now we're not begging our moms for more ride money, but asking our buddies or significant others if they have any beer tickets left so we can get a cold one to wash down the bratwurst from the Lions Club booth.



So what are you waiting for ... better get MOOvin'!

The Fairgrounds open at 8 a.m. daily during Fair week. General admission is \$8 for adults with kids 11 and under free. For the budget-minded, take advantage of the "In by 3:00, it's free" promotion on Tuesday and Thursday. Parking is free, except for the \$5 preferred parking across from the gate. Note that because of the RAGBRAI course, fairgoers are advised to avoid Middle Road and Seippel Road North to Old Highway Road on the morning of Saturday, July 31. For more information and a

full schedule of events, look for the Dubuque County Fair brochures around town or visit the website at www.dbqfair.com.



Habitat for Humanity At the Dubuque County Fair

As part of the Dubuque County Fair this year, the Dubuque Chapter of Habitat for Humanity will be constructing four playhouses over the first three days of the Fair, from Tuesday, July 27 through Thursday, July 29. Three of the playhouses will be constructed from kits donated by Colony Brands (formerly known as Swiss Colony). The fourth playhouse will be larger and a bit more complex. Volunteers interested in helping with the effort can participate by showing up at 9 a.m. at the Fairgrounds construction site during the three days of construction.

A fundraiser for Habitat for Humanity, all four playhouses will be sold through sealed-bid auction during the Fair. Top bidders in the auction will be announced at 2 p.m. on Sunday, August 1. For more information call Habitat at 563-556-2195 or email habitat@habitatdubuque.org. For more information on Dubuque and Jackson County Habitat for Humanity, visit www.habitatdubuque.org.

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TAKE OUT: Yes, **DELIVERY:** No

PARKING: On Street and Off Street behind building



KALMES BREAKTIME GRILL & SPIRITS by rich belmont

Did you know there is a place in Dubuque with great food, and it's in the middle of a lumberyard?

Kalmes Breaktime Grill & Spirits is located at the corner of Jackson and 11th Street. The Spahn and Rose Lumber Company has its offices north of Kalmes and one of its warehouses next to it on the south side. This bar and restaurant has been operated by the Kalmes family since 1996. However, the building itself is at least 100 years old and has long been part of what is now called Dubuque's Historic Millwork District. The brick building originally had a slanted floor pitched towards the Mississippi River. This was done to insure water would drain out when the river overflowed

its banks. Prior to the Kalmes family taking it over, this site was known as the Blue Moon Inn. When the movie F.I.S.T. was filmed in Dubuque in 1978, many of the actors congregated at the bar. There is still a concrete slab outside the front door with Sylvester Stallone's fist print in it!

Five years ago Mike and Theresa Kalmes sold this restaurant to their sons Dallas and T.J. As co-owners, the boys are the Fifth Generation of Kalmes' to be in the restaurant business. They are continuing a proud lineage started with Great Grandpa Peter Kalmes who started a bar business in the early 1890's in the Luxemburg Village of Saint Donatus, Iowa. Dallas and T.J. know very well they have a family reputation to live up to. Their goal is to provide freshly cooked meals in a casual and comfortable atmosphere. Their mission is to consistently produce great food at a great price. Certainly they are qualified; they have both been working in the family restaurants first as dishwashers and busboys at age 8 and graduating to cooks when they were



just 13 years old!

These young men know how to do lunch very well. The burgers are fresh Choice Grade, hand ground, with Ribeye Steak trimmings added in. Dallas says the meat is very high quality so no further seasoning is necessary. The Olive and Western burgers are the most popular. The lunch daily specials are really good. For example on most Mondays the special is the Ribeye Plate. On Tuesdays you can order the 2 piece Broasted Chicken Plate and on Wednesdays the Prime Rib Dip.

Dinners are a pleasant surprise at Kalmes. The appetizers are the same for lunch and dinner. Particularly good are the Broccoli Bites stuffed with cheese, the Buffalo Wings perfectly seasoned, and the Onion Petals served with Dallas and T.J.'s specially prepared Ranch Dressing.

Steaks at Kalmes' are quite unusual. First of all they are Choice Grade and coated with

a special house blend seasoning. Secondly, the big sellers are not the steaks you would expect. The Shoulder Tender is a shoulder cut with very fine marbling making it lean but oh so flavorful. Then there is the Flat Iron that used to be called a Cap Steak. This steak has a much more robust meaty flavor. The Filet Mignon is Bacon Wrapped making for a great mix of tastes.

You must come here on a Friday or Saturday night and try the Prime Rib. This is an exquisite ribeye slowly roasted 4 to 5 hours and covered with a special seasoning crust. The meat is slightly steamed to infuse the seasoning throughout.

The BBQ Ribs are something to write home about. These tender back pork loin ribs are covered with a special blend of seasonings and then slow cooked 24 to 36 hours. They are then basted with a sauce consisting of garlic, onion, cayenne pepper, celery salt and a few other spices.





The Broasted Chicken is very popular and is the special for lunch and dinner on most Tuesdays. If you are a little more adventurous try the Lemon Pepper Chicken. This dish is two chicken breasts grilled with lemon juice, fresh lemon slices and pepper. It is served with a Lemon Vinaigrette Dressing made from basil, olive oil, fresh lemon juice, and Dijon mustard.

For those who like seafood the fried or broiled cod is very tasty. The latter can be ordered plain or with Caribbean Jerk or Seafood Citrus seasonings. My favorite is the Grilled Shrimp with Caribbean Jerk seasoning. The plate is delivered with 9 jumbo shrimp cooked and seasoned just right.

All the dinners include a potato side dish and salad. There are the usual French Fries or Baked Potato but the Garlic Sour Cream and Chive Mashed Potatoes are made from scratch and are really good.

Of course, the best side is Kalmes' Homemade



Kalmes Breaktime is usually closed on Sundays but is available for private parties. However, you can enjoy the full menu on Sundays during football season.

If you have been looking for a come as you are place with good food at reasonable prices, check out Kalmes Breaktime. It's a great spot to meet your friends and have a good time!



Your debit card had its chance...

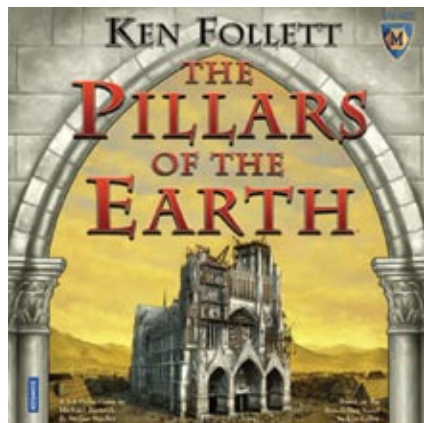


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Summer Reads Vol. 2 by bob gelms

There is a mixed media juggernaut headed our way so heads up. Ken Follett's masterwork *Pillars of the Earth* is being re-released as a paperback, and on all the Apple devices, iPod, iPad, and iPhone as an interactive edition that dovetails with the seven part mini-series that starts this Friday night on the Starz network.



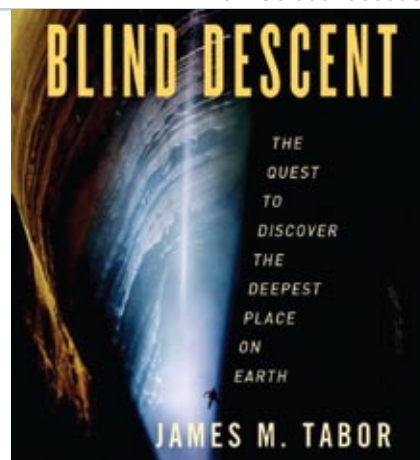
Pillars of the Earth was published in 1989 to critical acclaim and best seller status. This is sure to resurrect that kind of success. The book follows the building of a Gothic Cathedral in 12th century England. This is a multigenerational endeavor and the book takes you on a mesmerizing journey through the Dark Ages and all that that involves. This is a big book in scope and size running close to a thousand pages depending on the version you get. The interactive versions on the iPad will allow you to follow the whole text including the relevant episodes from the miniseries along with side bars on the architecture, politics, and life in the middle ages.

This is something that has been coming for a

long time and you might pay a little attention because you are living through publishing history. I wouldn't be at all surprised to see major blockbuster books get this kind of treatment in the future. It will also be great fun to see the book brought to life on the big screen in your house. This book could never be filmed as a made for TV movie or, indeed, as a theatrical release. It needs the kind of time that Starz is devoting to it. If you haven't read it, now would be a great time to just read it at the pace that the episodes are broadcast on Starz. I'm getting the popcorn machine warmed up and chasing the dog out of the recliner.

Blind Descent: The Quest to Discover the Deepest Place on Earth by James M Tabor will take you to a place that is stranger than anything you could possibly imagine has ever existed on this Planet. Descending down into the Earth a distance that equals the height of Mount Everest is a journey you should take; literally not figuratively. It is, all at once, spell-binding, unimaginable, and an adventure of the highest order....umm...maybe that's lowest order. The people that do this sort of thing remind me of the men and women who travel into outer space except these folks are traveling into inner space. They all have the same kind of psychological makeup that makes them do things that are so appallingly dangerous that any "normal" person would just back away slowly.

The people in the book make a big deal about describing their ardent desire to spelunk as just like climbing a Himalayan mountain in reverse. You do the "descent" first and the "ascent" last. My spelunking adventures

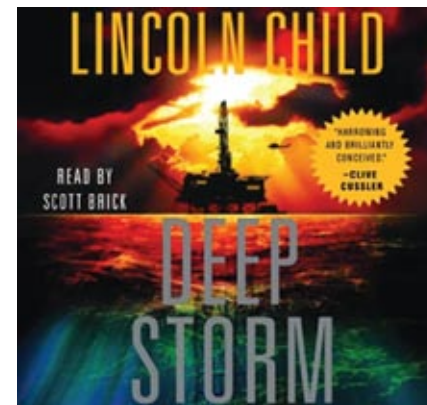


are entirely confined to Maquoketa Caves which comes not even close to experiencing what these folks go through.

The book follows the efforts of two of the world's best "cavers" to lay claim to discovering the deepest place on Earth in a competition every bit like Amundsen and Scott's race to the South Pole. It's a book I can't get out of my mind. I just loved it.

Lincoln Childs' *Deep Storm* has about as provocative an idea as I've ever experienced as a science fiction novel taking place in the present time or any other time for that matter. I don't want to give too much away because Mr. Childs leads you very skillfully by the hand,

bit by bit, step by step, getting you to accept small little pieces of information surrounding the central mystery of the book. By the time you reach the end where the big reveal happens, and I do mean big, you have come to the comfortable conclusion that all this might happen. Then, the idea of it all hits you and you get that creepy feeling like when you get up in the middle of the night and you go to the bathroom with all the lights off and you get the overpowering feeling that someone is in the room watching you.



Deep Storm buzzes along at the speed of light. I don't know if this is a word or not because my spell-check overloaded but *Deep Storm* is unputdownable.

James Solheim
Sunday, July 25 • 2:30 - 3:30 pm
Children's author James and his daughter Jenny will give a Norwegian Folk Dance performance as part of their appearance.

Appearing at River Lights Bookstore

Carrie Meyer
Friday, August 6 • 5:30-7 pm
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Build a Better Burger with nutritionists pat fisher & megan dalsing

Burgers are one of America's favorite meats to grill. You can build a better burger by choosing healthy toppings, leaner ground beef and a whole-grain bun. Here are great ideas to get you started building a better burger this summer.

Lean Beef. Start with lean ground beef such as 90% to 96% lean. A three-ounce serving of 95% lean ground beef provides 140 calories and 5 grams of fat. Remember a three-ounce portion cooked is about the size of a deck of cards. The secret to a moist, tasty burger is to avoid over-mixing, which will result in a tough burger. Use a little TLC when making patties to get a perfect, juicy burger.



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Whole-Grain Bun. A great way to boost the nutrition (fiber, B-vitamins, magnesium) in your sandwich is to use whole-grain buns – or try making your burger with the new whole-grain sandwich thins or thin buns, most of which are lower in calories and higher in fiber than regular buns.

Veggies. Pile on the veggies – to add color, taste and a variety of different nutrients. Dark green leafy lettuce adds extra vitamin A. Green, red or yellow pepper rings are a great way to boost vitamin C. Onions, mushrooms or a tomato slice all contribute disease-fighting nutrients and to the amount of vegetables consumed. Try grilling veggies along with the burgers, to get a great fire-roasted flavor from your veggies.



Cheese. Use a lower-fat cheese such as mozzarella - or use less cheese by simply sprinkling a stronger-flavored shredded cheese, such as sharp shredded cheddar cheese or blue cheese crumbles, on top.

thermometer. To help speed up cook time and allow more even heating of burgers, poke a hole in the center of the patty, similar to the hole in the center of a donut.

Cook It Safe. Hamburgers need to be cooked to an internal temperature of 160°F, checked with a food

The information is not intended as medical advice. Please consult a medical professional for individual advice.



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Taste of Dubuque Saturday, August 7 Port of Dubuque

While most all of our local festivals include food as one of the amenities of the event, there is one festival each summer that is dedicated to eating. Yes my friends, that event is Taste of Dubuque and it comes around the first Saturday of August. This year, the first Saturday happens to fall on August 7, and for this, the 15th annual Taste of Dubuque, hosting organization the Dubuque County Historical Society has

a bunch of fun things to see and do, and most importantly, taste.

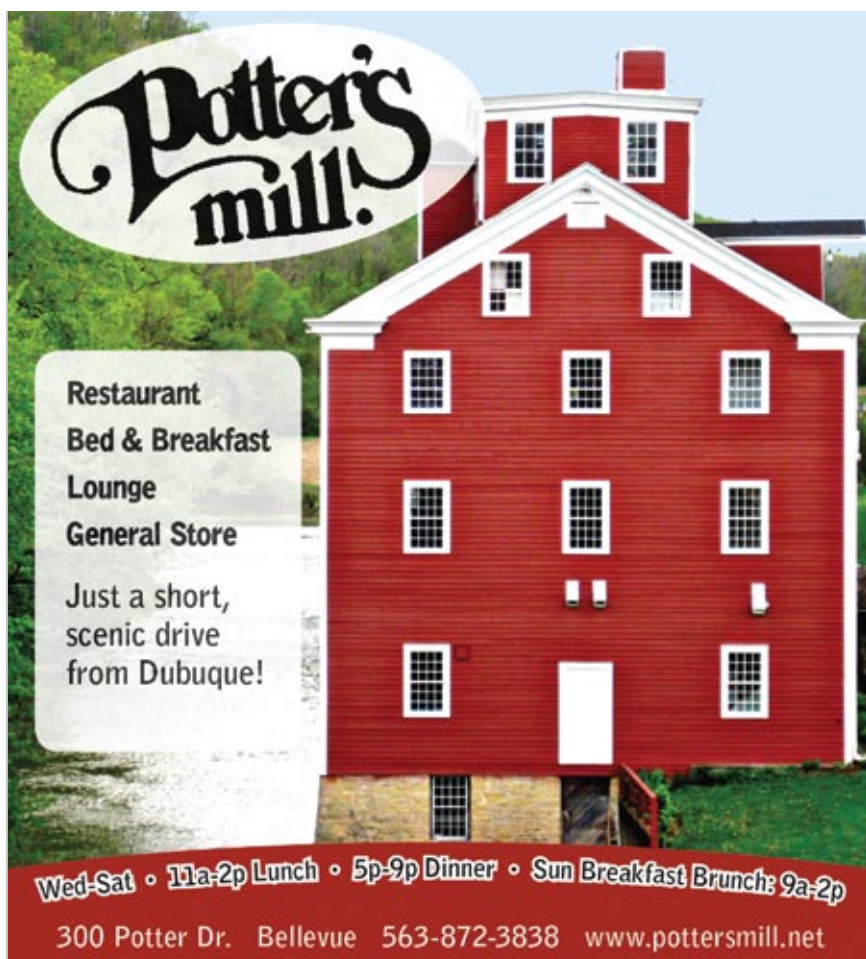
For those who might want to maximize their Taste experience, the entire festival gets started Saturday afternoon at 3 p.m. If you get there early enough, you could have a late lunch and snack your way around the festival grounds until dinner! Located in the parking lot just west of the McGraw-Hill building, food vendors and kids games get started right at 3 p.m., with performances by the Dubuque Dance Studio in the KAT-FM area beginning at 3:30. Courtside Bar and Grill will host a Beanbag Tournament beginning at 4 p.m.

Of course live entertainment is always part of the Taste experience. The festival will have two stages featuring free entertainment from 5 p.m. into the evening. Beginning at 5, the South Stage will feature a cooking demonstration by Cookin' Something Up, while the North Stage will feature a performance by original rock band Wicked Liz & The Bellswirls. A second demonstration by Life's a Feast will follow on the South Stage at 6 p.m., followed by South Stage headliners Zero 2 Sixty performing from 7 to 10:30 p.m.



North Stage headliners will be Chicago-based '80s tribute band, The Breakfast Club, playing from 8 to 11 p.m. Described as a high energy rock and dance band, The Breakfast Club is sure to elicit plenty of "Oh my God! I love this song!" comments and inspire even more early MTV-style dancing. Playing all the hits of the '80s and wearing the neon-colored clothes and hairstyles of that decade, The Breakfast Club is sure to take all those of a certain vintage back to a special time in their youth, and enlighten the children as to why their parents are so weird.

As always, parking at the event is limited, even with the new Port parking ramp next to the Diamond Jo Casino. Taste organizers recommend parking downtown and riding the trolley to and from the event site. The trolley ride is just a dollar and will be making regular stops between 4 and 11:30 p.m. at the Taste site and downtown at 3rd and Main, 5th and Iowa, and 7th and Iowa Streets. Here's a tip: Find a parking place near one of downtown's nightspots so you can extend your post-Taste evening in Dubuque's downtown entertainment district! Rock star parking!



But Taste isn't just for family sharing time, it's for eating and in this regard, the festival obliges. With more than 20 food vendors from A Little Taste of Philly to West Dubuque Tap (alphabetically speaking) there should be something for every palate. Three sets of judges will be roaming the food vendor stands searching for the best in three different categories: snack, entrée, and desert. Now that's a good gig! Of course, you're welcome to conduct your own survey with individual results limited only by how much you can stuff in your pie hole.



While an admission-free event, Taste of Dubuque is a fundraiser for the non-profit Dubuque County Historical Society and its properties including the National Mississippi River Museum & Aquarium, the Mathias Ham House Historic Site, and the Old Jail Museum. For more information, visit www.rivermuseum.com.



Invisible Illness

by pam kress-dunn

Some illnesses are dramatically visible, and they can embarrass us. "Don't stare," we're taught. Others are less visible. There are good things about having an invisible illness. If you try really hard you can fake it, and other people may think you're just fine. Take headaches (please). You can't see them, the way you can a broken leg or raging case of shingles. It's just pain, lodged behind your skull somewhere. No one can see what feels like a red slash across your forehead. They might notice your glowering frown, but then again, they might think you're just concentrating hard on your job. If only.

Invisible illnesses run the gamut. From multiple sclerosis to chronic fatigue immune disorder, from diabetes to asthma, many serious diseases show themselves only when they flare up, at their worst stages. Still, they are there, working their destructive doom as their unfortunate carriers try to carry on despite the pain, numbness, or exhaustion.

I have a friend, let's call her Nancy, with a non-fatal form of lupus. It's robbed her of her sense of smell (and, consequently, her enjoyment of many foods), dried up her eyes, and left her excruciatingly sensitive to the sun. She's the one wearing the long-sleeved shirt and the big floppy hat in the unbearably hot summers where she lives, down South.

I have another friend, let's call her Beth, with fibromyalgia. She was also allergic to everything in her New Jersey home, so she moved to New Mexico, where it took her only ten years to become equally allergic to

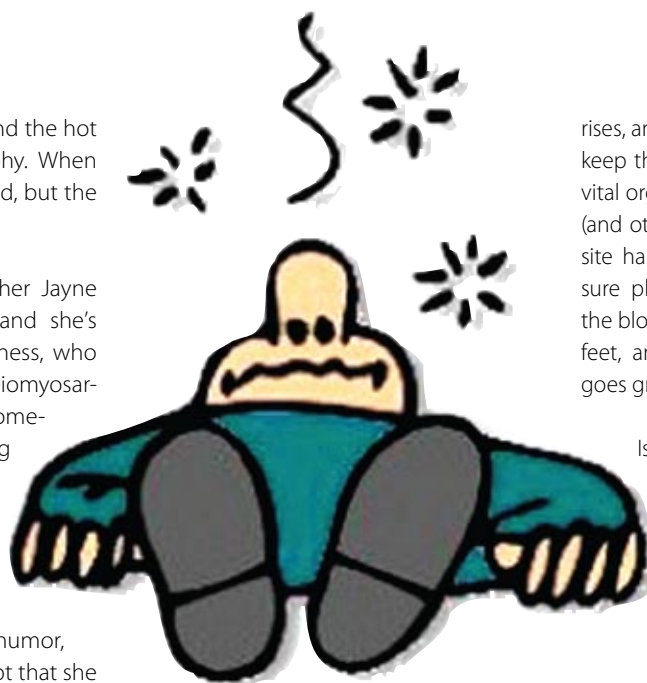
the plant life, the sandy winds, and the hot sun of that Southwest geography. When she's feeling bad, she hides in bed, but the pain tracks her down.

I even have a friend, let's call her Jayne because that's her real name and she's always been open about her illness, who has cancer, a fancy kind called leiomyosarcoma, which is incurable but sometimes treatable for a surprising number of years. You wouldn't know she was sick, either, except she had to start using oxygen when the cancer spread to her lungs. Aside from that, with her great smile and warm sense of humor, her awful illness is invisible, except that she tires easily.

Not all illnesses brand you, with the cherry-red wheelchair for paralysis or the unstoppable tremor of Parkinson's. As long as you're able to paste a smile on your face and save what energy you have for your public, you'd be amazed how long good health can be feigned.

My nearly four-year experience with migraines is no secret. (Note: As much as I tip my hat to anyone whose obituary states they "battled" cancer or whatever demon took them, I refuse to use that verb myself because frankly, I often gave in and took long naps, sitting out many battles in abject despair. Call me a coward; call me a realist. I couldn't fight all the time.)

But that's not what I want to talk about today. I've been to the clinic in Michigan, I've spent 18 days in the hospital, and my



risers, and their blood vessels constrict – all to keep the blood around the brain and other vital organs. When abnormal people like me (and others in my family) do this, the opposite happens. Our hearts slow, blood pressure plunges, and blood vessels dilate, so the blood goes rushing merrily to our hands, feet, and (go figure) abdomen. The world goes grey, and we faint, or wish we could.

Is there a cure? No. Are there treatments? We're supposed to wear support hose, full-length. You try that when it's 98 in the shade. There are pills, but they're tricky. We can eat all the salt we want, advice my cardiologist feels funny dispensing.

headaches are, if not completely eradicated, at least something I've got serious control over now.

It's this other condition I wanted to mention. Called by various names, from neutrally mediated hypotension to neurocardiogenic syncope, it's really pretty simple: I faint easily. Not at the sight of blood; I'm fine with that. But leave me standing for more than a minute or two, and down I go. Or down I wish I could go. If you see me shifting from side to side, leaning against the wall, perching inelegantly on the back of a chair, squatting down in a store as if I really needed to look at the magazines on the bottom row of the rack, chances are I'm doing that to keep from toppling over.

When normal people (you, I hope) stand and chat in the hallway, their bodies compensate. Their hearts beat faster, their blood pressure

Sounds fairly harmless, until you think of being stuck upright in an old-fashioned phone booth or a cave, or in front of a class giving a lecture, or talking to friends at a party with no chairs in sight. Is it a handicap? Will it interfere with a job? Should you tell an employer about it during the interview, or after the hiring is done? Or should you just try to fit in and let them figure it out the first time you fall on your face?

The funny thing is, as the experts at Johns Hopkins put it, fainting "solves" the problem by restoring the person to the position they need to be in – prone. So if you see me faint, please don't demonstrate your helpfulness by trying to get me to my feet. Just call 911 and let me be. And before it gets to that, if you want to talk? Please, oh please, find us a place to sit down. Sitting down, I can talk with you all night.

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Conceptis Sudoku

By Dave Green

7					8			4
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Difficulty Level ★★★

Place a number in the empty boxes in such a way that each row across, each column down and each small 9-box square contains all of the numbers from one to nine.

What's the Difference

There are 10 differences between the two versions of this photo of the 2007 Taste of Dubuque beerstand. Can you find all 10? (Answers on page 30).



PREMIER CROSSWORD/ By Frank A. Longo

MUSIC FOR ALL OCCASIONS

- ACROSS**
- 1 Fork over
 - 6 Zurich native
 - 11 Caper
 - 16 Reverse of ENE
 - 19 Debate
 - 20 Wishy- —
 - 21 Strike lightly and repeatedly
 - 22 "Take that!"
 - 23 Other choice that's practical
 - 26 Bullring holler
 - 27 Bizarre
 - 28 Wall climber
 - 29 Purchase
 - 30 Hip, updated
 - 32 Antique shop
 - 34 Cereal bowl sounds
 - 37 Slammer
 - 38 Slammer residents
 - 39 Star pitcher
 - 40 Awful rackets
 - 41 Glider
 - 45 Is for two?
 - 46 Volkswagen hatchback
 - 48 Wiesel with a Nobel
 - 49 Big galoot
 - 50 Big galoot
 - 51 Aspiring
 - 55 City lights
 - 57 1980s police drama
 - 61 Jacuzzi
 - 63 Jacuzzi
 - 64 Worthy of a title
 - 65 Being acquitted, in slang
 - 70 Part of a U.S. election map
 - 74 Bighorn male
 - 75 Bits of salt
 - 80 Hide in shame, figuratively
 - 85 Supermodel
 - 86 Sign off on
 - 87 Beam of light
 - 88 Fine and dandy
 - 90 Flimsy
 - 91 Suffix with cook
 - 92 Milk source
 - 93 People with laid-back lifestyles
 - 96 Not enough room to swing —
 - 99 Boston fish
 - 100 — vera
 - 101 Noted period
 - 102 Opening up completely
 - 106 Gadgeteer's acquisition
 - 110 Memorizes again
 - 111 Slangy denial
 - 112 Tie-breaking periods: Abbr.
 - 113 Prefix with impressionist
 - 114 Capitalize on
 - 115 Third-world nation
 - 120 Neverland's Peter
 - 121 Make up for
 - 122 "Life — a dream"
 - 123 Superman player
 - 124 Three, to Mario
 - 125 — rest (bury)
 - 126 Accra locale
 - 127 Lop- — rabbit
 - 6 Swing to and fro
 - 7 — -Mart (big retail chain)
 - 8 Suffix with special
 - 9 The whole —
 - 10 Pancake toppers
 - 11 Educ. org.
 - 12 Drudge's life
 - 13 Per unit
 - 14 "Picnic" actress
 - 15 Funeral bell
 - 16 Goldberg of "Sister Act"
 - 17 Western bar
 - 18 Puppies
 - 24 "Be that as it may ..."
 - 25 MoMA locale
 - 31 Diacritical mark under a "c"
 - 33 Emphasize
 - 34 Space genre
 - 35 Prefix with stop or stick
 - 36 Less typical
 - 41 Phnom —
 - 42 Parkay product
 - 43 Street tumult
 - 44 Crying sound
 - 45 Given (to)
 - 46 Became angry
 - 47 Bundt cake baker's need
 - 50 Silvery hair color
 - 51 Dress up in special
 - 52 Give the title
 - 53 "The Fresh Prince of — Air"
 - 54 Ending for Siam
 - 56 More nuanced
 - 58 China's Chou En- —
 - 59 PC-to-PC linkup
 - 60 Ending for ethyl
 - 62 Loveliness
 - 66 — cost (on the house)
 - 67 Koppel or Kennedy
 - 68 Surfacing goo
 - 69 Med. care provider
 - 70 DVD player brand
 - 71 Bit of work
 - 72 — es
 - 73 Salaam
 - 76 Unhealthful dietary intake, briefly
 - 77 Alternative to a Twinkie
 - 78 Jannings or Zatopek
 - 79 Go under
 - 81 Whittle away
 - 82 Not cooked
 - 83 Llama's kin
 - 84 Keystone — (comic lawman)
 - 89 Compulsive lifter
 - 92 Permission
 - 93 Rather poky
 - 94 Lendee's slip
 - 95 Evidence of a mistake
 - 96 Sudden
 - 97 Husband of Pompeia
 - 98 Dahl of films
 - 99 Truck lineup
 - 100 Happy — in mud
 - 103 Five-time French Open winner
 - 104 Garbo of "The Kiss"
 - 105 — -Caps (theater candy)
 - 107 Set foot in
 - 108 Brazenness
 - 109 Tinkered
 - 112 Bi- cubed
 - 116 MGM roarer
 - 117 Spurs' org.
 - 118 Musket, e.g.
 - 119 3 R's gp.

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Puzzle answers are located on page 30

www.Dubuque365.com



Panel Provides Community Building Tips

by mayor roy d. buol

"Difference is of the essence of humanity.

*Difference is an accident of birth
and it should therefore never be the
source of hatred or conflict.*

The answer to difference is to respect it.

Therein lays a most fundamental principle of peace: respect for diversity."

-John Hume, Nobel Prize for Peace, 1998;
Martin Luther King Peace Award, 1999;
International Gandhi Peace Prize, 2001.

In a recent newsletter to City of Dubuque employees, Jessica Kurt, representing the Intercultural Competency "Tips" Subcommittee provided an update on the City's "Tips Session" involving both police officers and African-American community members who formed a panel last spring to dialogue about race as a result of citizen concerns about the behavior of officers, and officers concerns about the behavior of citizens. The sessions offered an opportunity to help improve communications and understanding.

Members of the group, Police Officer Michael Hernandez, Lieutenant Abby Simon, and community members Irish Schumaker and Chris Miles, were invited to share their experiences from the panel at the Tips Session and answer questions from City employees. After each panelist opened with a short biography, questions were raised ranging from, "What experiences have you had in other communities that created an atmosphere of welcoming?" to "What changes or perceptions have you made since your discussion began with the panel?"

Lieutenant Abby Simon spoke of her experience as part of the Community Oriented

Police (COP) unit and how children were regularly pulled away from her by their parents. When she began the panel, she was hoping to understand why they did that and she has since learned that individuals view law enforcement differently than she does based upon their own experiences. For Chris Miles, his experiences with law enforcement in Philadelphia, where he was raised, were not positive which led him to be suspicious of the motives of police officers in the Dubuque community. Since becoming part of a panel and the opportunity to have open and honest dialogue with police officers, he's been able to ask and learn from the members of law enforcement about reasonable suspicion from an officer's perspective. He said he's been willing to accept their point of view.

For Irish, moving to Dubuque in 2002 required adaptation to the City's ordinances, such as the noise ordinance, as she was accustomed to listening to her music with the volume up. A discussion was had about how newcomers to a city tend to stick to what they know. "People new to a community want to do what they've always done," said Irish. This led to a discussion about whose role it is to adjust and why? Irish answered with, "It's both."

There will be ongoing dialogue sessions with African American community members and members of the Dubuque Police Department, with the next session being held on August 19th at the Multicultural Family Center. As this community-building effort continues, results will be visible. People will feel like they have built some relationships and will have much more willingness to talk about their experiences.

"Life is like a rainbow, you need both the sun and the rain to make its colors... its beauty... appear."



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TRIXIE KITSCH
BAD ADVICE FOR THE STUPID



Dear Trixie:

My wife and I are going camping for the first time. We are both from Newark and have never been outside of a metropolitan area in our lives. The other couple has camped before and will bring the tents and know how to assemble them. I wonder if you could give me some pointers so I don't look completely clueless. Thank you dear Trixie. -Call Me Ishmail

Dear Ishmail:

I only have two tips: Try not to wear gasoline-soaked clothing near the campfire and don't sleep with pieces of raw meat tied around your throat.

Dear Trixie:

I am starting my own house cleaning business and need an advertising slogan. It should be short and catchy and say something about how trustworthy we are. Any ideas? -Carla J. Mook, President of House Cleaners R Us

Dear Carla:

"We Don't Smoke Meth".

Dear Trixie:

My husband and his four business partners are very close friends. We have Sunday get-togethers a few times a month and all the wives come. They are casual "beer and burgers" parties and everyone gets along fine. Recently however, a new receptionist was hired and she is making these parties very uncomfortable for the other wives. Even

though it is supposed to be casual, she will show up in a fancy white dress. It is clingy and lacey and looks like something a stripper would wear to her Las Vegas wedding. This is the 4th time she has come in such an outfit. I have taken her aside and suggested she might be more comfortable in something less formal--like khaki--but she doesn't take the hint. Is there a polite way to get her to stop wearing these white dresses? -Loretta and All The Gals

Dear Loretta:

Serve barbecue ribs with plenty of sauce, corn on the cob dripping with butter and gooey chocolate eclairs. If she manages not to spill anything down the front of her dress slip an eclair on her chair before she sits down. Say nothing.

Dear Trixie:

I met this great guy and he asked me to marry him. We were planning a Christmas wedding but suddenly my guy gets arrested for robbing The Dollar Store and now he'll be in prison for 9 years. He didn't even use a real gun! Should I wait for him? -Ginger Snappe

Dear Ginger:

You deserve a man with intelligence and raw ambition. Robbing The Dollar Store with a fake gun proves he possesses neither attribute. Maybe next time you'll hook up with a successful bank robber. Good luck, dear.



Dr. Skrap's completely useless
HOROSCOPES

Aries 3/21-4/19

The second most well-known fact about bar owners is that they are helplessly disorganized. Unfortunately, the best know fact is that they're never wrong about anything. Just ask them. Forget trying to explain how they need tell you to when they book your band, you're just supposed to sense it.

Taurus 4/20-5/20

Liquid smoke soaked is NOT smoked. You've been warned.

Gemini 5/21-6/21

Wishing you still had a cabin to escape to on the weekends? Just turn off the AC, open the windows, unplug the tv and stop showering. It'll be nostalgic, just like you remember it being before three kids! Find a waterpark with room service!

Cancer 6/22-7/22

I don't care how innocent you think you are being, if you go "poking" someone else's wife, even if it is just on Facebook, you're lookin' for a world of hurt. Try a strategic "Like" on her next status update if you're wanting to say hi. It's safe and non-committal.

Leo 7/23-8/22

You have the cash to get into one of the under-construction condos looming large over downtown Dubuque, but you're not confident that upon entering the monstrosity you will be sorted into Griffendor instead of Slytherin. Either way, Hogwarts west is a pretty sweet address.

Virgo 8/23-9/22

If it looks like they're stabbing you in the back and it feels like they're stabbing you in the back, they're probably stabbing you

in the back, i don't care how hard they're kissing you.

Libra 9/23-10/22

Apparently the 4000 calorie-a-day diet you're on had a typo in the brochure. You need to give 3400 calories, and that's just for today. This night hurt a little. Think of it as a learning moment.

Scorpio 10/23-11/21

You would think that you should be able to still get a refund when you're only 20 minutes into the movie Cats & Dogs: the revenge of Kitty Galore, but then again, you would also think that you should have been smart enough to avoid that turn from the get go.

Sagittarius 11/22-12/21

While that smell in the house could be something aging in the trash, you might check the air filter on the furnace since Chuckles the gerbil's disappearance last month.

Capricorn 12/22-1/19

There's nothing wrong with eating those five ears of Fincel's sweet corn you just downed, but the stick of butter that went down with them might cause some issues.

Aquarius 1/20-2/18

You can book a good band for your benefit festival. You can book a cheap band for your benefit festival. You can try to get both, but you'll soon find you don't have a band for your benefit festival. You gotta spend money to make money, except maybe prostitutes.

Pisces 2/19-3/20

If the person who's owed you \$2000 for a year comes with \$1000 and you decide to hold out for the whole amount instead of part now, part later, then this is apparently the first time anyone's ever owed you money.

PUZZLE ANSWERS From pages 15 and 28



Pop Quiz

- 1. C) 57th
- 2. B) 15th
- 3. D) Roller Derby
- 4. D) Noah's Ark
- 5. B) Soap
- 6. A) Candy, as in Betty Jane
- 7. C) William Boyd Allison
- 8. B) Ice Cream

Sudoku

7	9	6	1	2	8	3	5	4
2	3	4	6	9	5	8	1	7
1	8	5	3	4	7	2	6	9
8	4	2	7	6	9	5	3	1
5	7	1	2	8	3	9	4	6
3	6	9	5	1	4	7	2	8
4	1	8	9	5	2	6	7	3
6	2	3	8	7	1	4	9	5
9	5	7	4	3	6	1	8	2

Difficulty Level ★★★

Crossword

SPEND	SWISS	PRANK	WSW
ARGUE	WASHY	TAPON	HAH
VIABLE	ALTERNATIVE	OLE	
ODD	IVY	BUY	REAL
RESALE	SNAP	CRACKLE	POP
	CAN	CONS	ACE
			DINS
PORCH	SWING	ARE	GTI
ELITE	DAF	APPE	WOULDBE
NEONS	HILL	STREET	BLUES
HOTTUB	AAH	NAME	ABLE
RED	STATE	RAM	DASHES
CRAWL	UNDER	AROCK	NAOMI
AGREE	TO	RAY	AOK
			THIN
ACAT	COD	ALOE	ERA
BARTING	ONESSOUL	PATENT	
REL	EARN	SNOW	OTS
NEO			
USE	DEVELOPING	COUNTRY	
PAIN	ATONE	ISBUT	REEVE
TRE	LAY	TO	GHANA
			BEARD

mattitude

be yourself, improve yourself



I Profoundly Believe

by matt booth

Have you ever found yourself looking at others and wondering why they are so happy? Maybe you've even thought, shouldn't I be as happy like them? Happiness begins with the belief that you should be happy. I profoundly believe that I deserve to be happy. I also believe that you deserve to be happy. It doesn't really matter if I believe you deserve to be happy, what's important is that you profoundly believe it.

If you don't profoundly believe you deserve to be happy then you probably never will be. I know a guy who just doesn't believe he deserves to be happy. He views his temporary state of unhappiness as his life's destiny. He is under the illusion that happiness is not within his grasp. Life isn't always perfect and it may not be going your way right now, but you've got to believe that happiness is ahead of you. How you think about your future determines your actions

today and your actions today determine your future.

Think of happiness like a ladder. Many people begin each and every day at the bottom of the ladder and try to climb to the top. They view happiness as a struggle to achieve. Why not begin each day already on top of the ladder? Then if someone or something knocks you down a rung or two, you are still very close to the top.

Life takes a tremendous amount of effort and it is easy to forget about being happy. Don't settle for being unhappy. You deserve to be happy just as much as anyone else and you have the power within to make it happen. If you don't already believe it, start believing in the notion that you deserve to be happy and that you have the abilities to make it happen. I profoundly believe that you deserve to be happy. Do you?



Mattitude Improvement Tip

If you're wrong, admit it.

You can really harm your relationships if you refuse to admit when you're wrong. It's frustrating for others and it damages their trust in you. If you're wrong, or you made a mistake, admit it. This will quickly clear the air and allow everyone to move on.

"I recently attended Matt Booth's communication seminar, and wanted to share my excitement about his class. He's an exceptional presenter and teacher, and has a ton of great information to share. I would definitely recommend him to anyone looking to improve presentation/communication skills. He would benefit anyone's professional development. Not only is he an exceptional communicator, he's also very entertaining!" Megan Murray - Aegon USA

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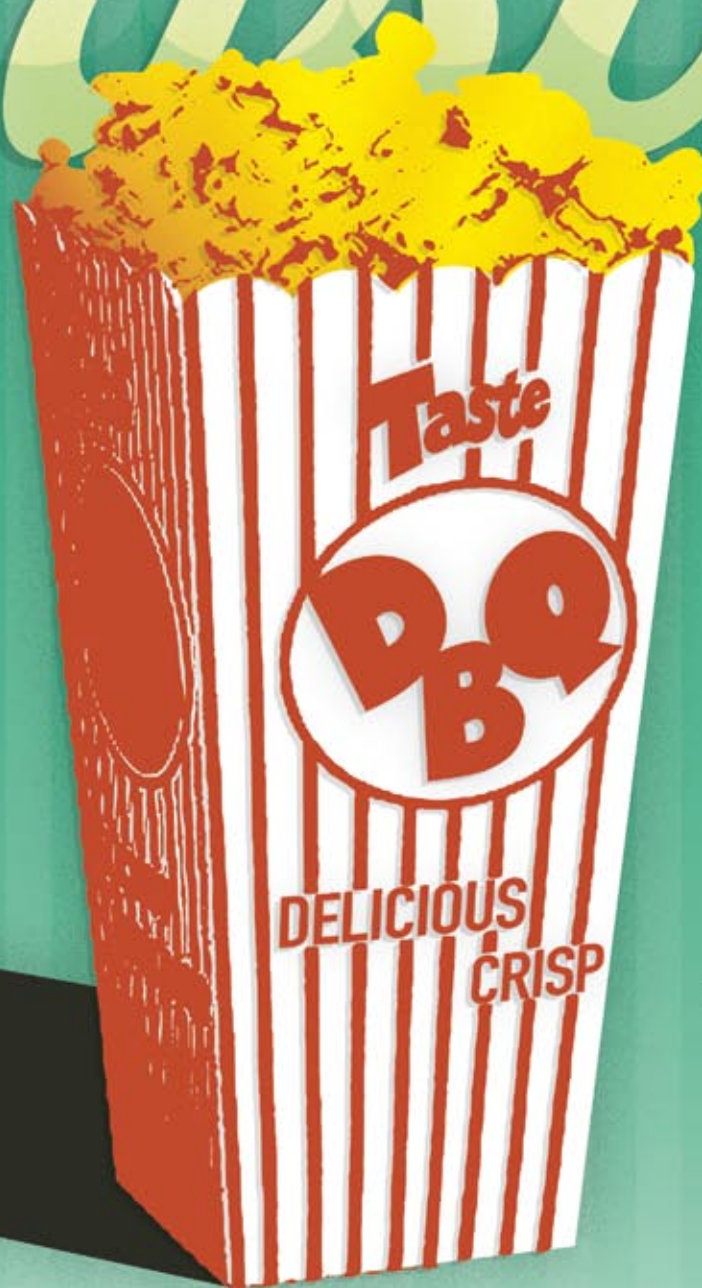
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Taste



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